

5
Collection
of favorite recipes



a collection
of favorite recipes

compiled, tasted and tested by the
Boys' Club Boosters
of the Salem Area
first edition, 1972

with special assistance
illustrations by



from Chris Sloper
Marilyn Higginson

*"Not what we give but what we share,
For the gift without the giver is bare;
Who gives himself with his alma feeds three,
Himself, his hungry neighbor & me."*

James Russell Lowell

In compiling this cookbook, members & friends of the Boys' Club Boosters tested & tasted over 1000 recipes. Choosing which to include was a difficult task, especially since we assumed each one turned in was someone's favorite! We therefore decided to try to include as wide a range as possible---to appeal to various tastebuds & cooking skills. Unfortunately, page limitations prevented us from including many more we felt were just as worthy! We are truly grateful to you who shared your favorite recipes so generously with us. We only hope you will get as much enjoyment reading & cooking from this book as we had in working together & in getting acquainted with you through your recipes!

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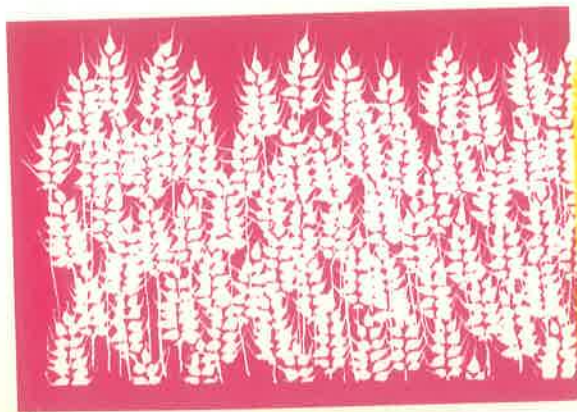
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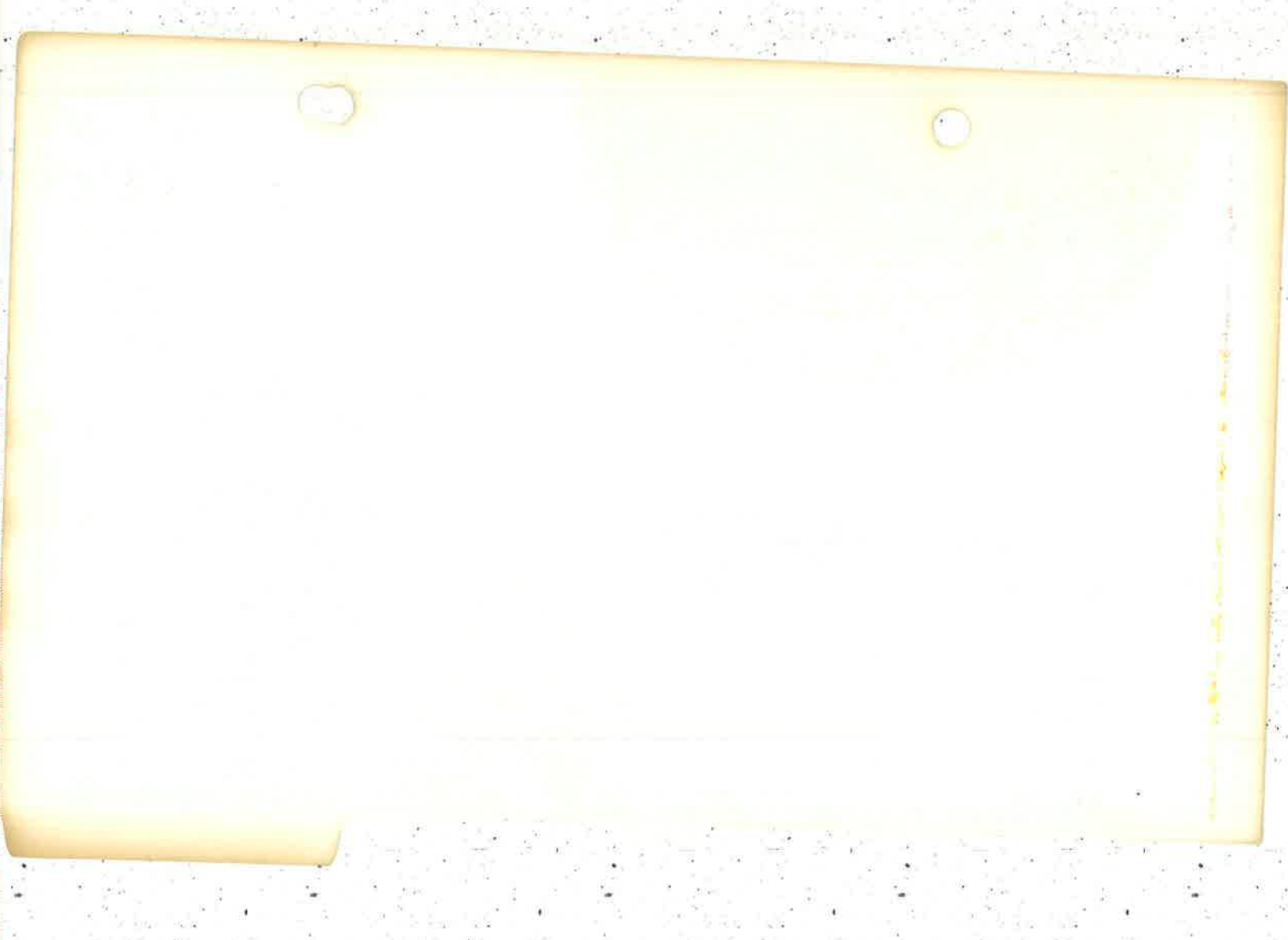
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PLAUTUS

APPETIZERS



BOUILLON CRISPS

- 1 cube butter or margarine
- 2 tsp Bovril Broth & Seasoning Base*
- 2 1/2 oz shredded Parmesan cheese
- 5 or 6 sour dough rolls

Combine butter or margarine with Bovril Base & cheese. Slice rolls in 10 to 15 slices; spread with mixture. Bake at 350° for about 20 minutes or until bread is crisp.

**If Bovril is unavailable, B-V Beef-flavored Soup & Gravy Base or similar base will do.*

COCKTAIL BLOOM

- 1 can baking powder biscuits (prepared)
- 1/2 cup prosciutto, ham or Canadian bacon, chopped
- 1/2 cup sharp shredded cheese
- 1 Tbs caraway seed cheese or
- 1/4 tsp caraway seed
- 1/2 cup grated Parmesan cheese

- 1 egg
- 1/4 cup canned milk
- 1/2 tsp nutmeg
- 1 tsp lemon rind

Roll out biscuit dough in one sheet; cut in squares the size desired. Mix remaining ingredients; put a heap of mixture on each square; bake at 350° until golden brown.

This mixture can be made anytime & stored in the refrigerator. It is wonderful to have when unexpected guests drop by & one needs a quick hors d'oeuvre to serve!

Doris Barger

A specialty from a marvelous Portland gourmet cook & teacher--and an easy, delightful taste treat, especially for cheese lovers!

Olympia

Mrs. W.R. Bradshaw, Portland

CORNEB BEEF PATE

2 Tbs finely grated onion
1/4 cup water
1 (12-oz) can Corned beef
8-oz Braunschweiger

1/2 cup mayonnaise
1 Tbs vinegar
1/2 tsp dry mustard
1/4 cup chopped fresh parsley (optional)

Our men tasters agreed that this is a man's favorite!

Judi Heltzel

In large bowl, mix together with fork. Process small quantities in blender until smooth. Place in 3 to 4 cup mold. Chill. Unmold to serve & garnish with parsley.

CHUT-NUT DIP

1 jar Raffetto Chut-Nut
2 (8-oz) pkgs cream cheese
Curry powder to your taste
Coconut

Here's a fresh idea from Hawaii. The Chut-Nut, available in Gourmet departments, contains Chutney & the dip is unlike any spread we've tasted before!

Kay Knott

Drain liquid from Chut-Nut. Mix with cheese & curry powder; make a ball; refrigerate. Then roll in coconut. Will freeze & refreeze & re-shape very well.

CHRISTMAS CHEESE BALL: Cream 1/2 lb butter; add 1 (8-oz) pkg cream cheese, 1 jar Veri-sharp cheese; 2 jars Roka-blue cheese, & 1 jar Pimiento cheese. Season with accent, onion salt, liquid garlic, Tabasco & Worcestershire. Roll in chopped nuts; store in refrigerator or cheese-keeper. *This is a longtime favorite from my mother. It may be re-rolled between uses!*

Jody Schnell

APPETIZER CHEESE CAKE

1 box (6-oz) cheese crackers,
finely crushed
1/2 cup finely chopped stuffed green olives
1/2 cup finely chopped celery
1 medium green pepper, finely chopped
1 small onion, finely chopped
2 Tbs lemon juice
1 tsp salt & 1/4 tsp paprika
1 tsp Worcestershire
Dash liquid hot-pepper seasoning
2 cups (1 pt) sour cream
Ripe olives, cut in rings
Pimiento strips & chicory

This is an unusual appetizer that can be beautifully decorated for a festive occasion. It also tastes as good as it looks!

Midge Brown

Brush the bottom & sides of a 9" spring form pan with melted butter. (You can also use a 9" round cake pan or 7x12" baking dish & serve from the dish.) Cover bottom of pan with half the crushed crackers. Mix olives, celery, green pepper, onion, lemon juice, salt, paprika, Worcestershire & liquid hot-pepper with sour cream; blend well. Spread mixture over cracker base. Scatter remaining half of cracker crumbs evenly over top. Cover with waxed paper & refrigerate for at least 24 hours. Remove spring form; place cake (still on pan bottom) on serving platter. Garnish top with ripe olive rings & pimiento strips. Border platter with chicory. Cut in 12 wedges to serve.

ONION CAKE

2 cups flour	1 1/2 lbs onions
1 pkg yeast	1/4 lb chopped bacon
Some milk	3 Tbs butter
Pinch of salt	1/2 cup sour cream
1/4 cup butter	2 egg yolks
2 eggs	Salt & pepper

During October & early November, a specialty of German restaurants & wine cellars is warm Onion Cake & new wine. The flavor of new wine, still bubbly because it has not yet finished fermenting, blends well with Onion Cake. Guten Appetit!

Genice Gladow

Mix the flour, yeast, milk, and salt into a yeast "predough" & let this dough rise. Then add 1/4 cup butter and 2 eggs. Spread this dough about finger thick on a baking sheet or pizza pan. While the dough is again rising finely chop the onions. Fry the onions, 3 Tbs butter, & the chopped bacon until the onions are translucent, but not browned. Add 1/2 cup water & simmer until the onions are tender. Mix the sour cream & egg yolks together, & mix in with the onions. Season with salt & pepper. Spread onion mixture over dough. Bake about 30 min. at 350°. Serve warm.

BACON BALLS

10 slices white bread
10 slices bacon

These are simple to fix--yet always sure to please!

Pat Sahlendorf

Cut crusts from bread; roll each piece tightly. Wrap bacon around to completely cover & secure with 3 toothpicks. Cut each roll in thirds. Place, cut side up, on rack in shallow pan. Bake 15 minutes at 375° or until bacon is crisp. Remove toothpicks to serve.

HOT CRAB APPETIZERS

- 1 pkg flaky refrigerator rolls
- 1 cup crab meat (canned or fresh)
- 1 Tbs sliced onion, minced
- 1 cup Swiss cheese, grated
- 1/2 cup mayonnaise
- 1 Tbs lemon juice
- 1/4 tsp curry powder

Stir together to mix & spread on thin flakes of rolls (each roll should provide approximately 6 to 8 flakes). Bake at 400° on cookie sheet for 10 minutes.

DENVER CRAB DELIGHT

- 1 8-oz pkg cream cheese (at room temp.)
- 1/2 pt sour cream
- lettuce, crab, crackers
- Seafood sauce of your choice

Soften cream cheese; combine with enough sour cream so it is easily picked up with butter knife. Spread on firm surface & surround with bed of lettuce. Arrange ample crab (preferably fresh) on top of cheese. Top with blobs of seafood sauce. Have crackers of your choice close at hand, along with butter knives.

This is a great "on hand" treat for an impromptu party or a good addition to a buffet brunch or supper--a hearty tidbit.

Jan Skopil

When we went to Denver to attend our daughter's wedding, the Mother of the groom served this & it was delightful!

Joanne B. Grabenhorst

HOT MUSHROOM & CHEESE APPETIZERS

These are our favorite mushroom goodies & something the whole family seems to enjoy!

Ruth Weeber

40 small toast rounds
1 lb mushrooms, chopped fine
1/4 cup butter
1/2 onion, grated
Salt & pepper (heavy on salt)

3 Tbs flour
1 egg yolk
Grated cheddar & Parmesan cheese

Prepare toast rounds several days in advance if desired by cutting & baking in 350° oven until golden. Saute mushrooms in butter with onion, salt & pepper at least 15 min. Add flour & egg yolk & mix. Mound on toast rounds; sprinkle with cheddar cheese, then Parmesan. Refrigerate until ready to serve; bake at 375° just until cheese melts.

CHEESE STRAWS

A culinary trademark of Salem's Jeryme English, these melt-in-your-mouth straws are perfect before dinner & equally delicious as a snack anytime.

Jeryme English

Combine ingredients, roll out on floured board, sprinkle with salt & cut into strips 4" long & 1/2" wide. Bake in a hot over for about 8 min., or until golden brown.

CLAM BAKE CANAPES

2 cans (7 1/2 oz size) minced clams
4 Tbs minced onions
2 Tbs butter
3 Tbs flour
1/2 tsp garlic powder
3/4 tsp Worcestershire sauce
1 loaf extra-thin sandwich bread
5 Tbs melted butter

Drain clams; reserve juice. Cook onions in butter; remove from heat; blend in flour; gradually stir in clam juice. Add garlic powder, Worcestershire & clams. Cook until mixture thickens; cool. Remove crusts from 24 slices of bread & roll each piece very thin. Brush each with some melted butter & spread with 1 Tbs clam mixture. Roll up as for jelly roll; brush each piece again with remaining butter; cut pieces in half. Bake at 425° for 8 minutes or until golden brown. Serve hot.

ONION-CHEESE CANAPES: Trim crusts from day-old bread slices; cut into squares, circles, etc. Mix together 1 cup mayonnaise, 1 cup (or jar) grated Parmesan cheese, & 1 onion (chopped fine) until consistency of thick paste. Spread on bread; place on greased baking sheet; toast in 375° oven for about 10 minutes or until light brown & bubbly. Easy enough for children to prepare & delicious!

Given a 5-star rating by our tasters, you can prepare these canapes up to the baking point--then freeze & bake them direct from the freezer (they just take a little longer to brown). Cherie freezes them in colorful enamel pans, then serves & keeps them warm in the same pans!

Mrs Wallace H Donertsch Jr.

Jean Elstrom

CHINESE CHICKEN WINGS

2 lbs chicken wings
2 eggs, beaten
1 cup flour

I serve these for Buffets as well as for dinner. They're even good cold!

Glenda Kern

Cut off tips of wings; divide rest into two parts. Dip in egg, then in flour; sprinkle with garlic salt. Let set for a bit, then brown.

Sauce: Combine $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ cup pineapple juice (drained from can of pineapple chunks), $\frac{1}{2}$ cup vinegar, $\frac{3}{4}$ cup catsup, 1 tsp each of accent & soy sauce, & $1\frac{1}{2}$ tsp salt in saucepan. Heat slightly; add pineapple chunks; pour over wings & bake at 350° for at least 30 minutes. Serves 4.

WHISKEY WEINERS

3 lbs weiners (cut in 1 inch pieces)
3 Tbs brown sugar
 $\frac{1}{2}$ cup whiskey
1 cup catsup
 $\frac{1}{4}$ cup water

The men in the testing group gave these weiners a big "yes" vote!

Asa Leweling

Combine & simmer. Can be served with biscuits. Serve warm to 8 people.

OYSTERS GOURMET

One of our favorite recipes from a famous Italian restaurant in San Francisco!

1 jar oysters	1 tsp minced garlic
3/4 tsp oregano	2 Tbs lemon juice
1 tsp crushed basil	1 Tbs chopped parsley
1/2 tsp salt	3/4 cube melted butter
1/4 tsp pepper	(or margarine)
Dash of Accent	Bread or cracker crumbs

Maryanne Holstedt

Wash oysters & arrange in baking dish. Combine remaining ingredients & sprinkle crumbs on top. Bake in hot oven at 450 to 500° for about 10 minutes. We serve them in individual shells so we can dip sour dough bread in the juices!

OYSTERS ALA WALTON

An utterly delicious, simple & quick way to fix oysters!

1 jar oysters	Chives
Crushed bacon bits	Salt, pepper & lemon juice

Colleen Walton

Place 2 or 3 oysters in individual scallop shells. Sprinkle with bacon, chives, salt & pepper. Squeeze lemon juice over top. Bake at 500° for 5 minutes; serve immediately.

HINT: Another neat OYSTER APPETIZER trick comes from Swede Ralston, the fellow who sells Jet Commanders in Portland. He broils the oysters in the oven for 5 minutes on a sheet of aluminum foil; then tops each one with a square of Tillamook cheese & pops them back under the broiler until the cheese melts & starts to turn brown. You'll eat a dozen!

ESCARGOT CHRISTIANIA (8 servings)

- 1 can (48) snails - save juice
- 1/3 cup finely chopped parsley
- 4 finely chopped garlic cloves
- 2 medium shallots or green onion tops,
finely chopped
- 1 2/3 cups butter
- 1 tsp salt & ground pepper to taste

Cream parsley, cloves, shallots, salt & pepper into butter. Blend thoroughly. Put a little of the canned juice in each escargot shell; add 1/2 tsp butter mixture to each. Put a drained snail into the shell, pushing butter back. Put a coating of butter over snail. Arrange on snail plate (indentations hold the snails upright so butter will not run out). Heat in hot oven & serve when butter is foamy--about 8 to 10 min. Serve with escargot holders & small fork.

A French chef named Phillip Pretel gave me this recipe when I lived in Sun Valley. It is a company favorite at our house! Escargot shells can be soaked, washed in the dishwasher & re-used. Canned snails are available in the Gourmet sections of most stores & even fresh are sometimes available in small quantities!

J. Hoff

HINT FROM CHRIS: One of my husband's favorites is GROUND ROUND TARTARE. Just choose a small, lean sirloin or rump roast & have your butcher trim off the fat & grind it up. Add the juice of 1 lime & soak in enough dry red wine to cover overnight in the refrigerator. Remove; squeeze out the lime juice & wine; add 1 clove crushed garlic, 2 dashes of Tabasco & a pinch of dry mustard. You can shape it into balls or spread it on toasted rounds, artichoke bottoms, etc. Top with hard-boiled egg or caviar!

SWEET & SOUR MEAT BALLS

*They say IBM stands for "I've been moved."
Many of my recipes, such as this, are pro-
ducts of those many moved!*

3/4 lb ground beef 1 Tbs Worcestershire
1/4 lb pork sausage 1/4 cup chopped
3/4 cup oatmeal water chestnuts
1/2 cup milk 1/2 tsp onion salt
Few dashes Tabasco 1/2 tsp garlic salt

Gay Knott

Combine all ingredients & shape into 4 dozen small balls. Place on rack on broiler pan & bake in 350° oven 15 to 20 minutes (or brown in 2 Tbs butter). Drain on paper towel & add to Sweet & Sour sauce. Simmer 30 minutes on stove or in chafing dish.

Sweet & Sour Sauce: Combine 1 cup sugar, 3/4 cup each vinegar & water, 1 tsp paprika & 1/2 tsp salt in large skillet. Cook 5 minutes, stirring occasionally. Add 2 tsp corn-starch blended with 1 Tbs cold water; cook, stirring, until slightly thickened. This may be made ahead & frozen; just re-heat to serve.

HAM SENSATIONS: In mixer, combine 1 1/2 cups flour, 1 cup grated cheddar cheese, 1/4 tsp cayenne & 1/2 cup softened butter. Gradually add 1/4 cup cold water, mixing at low speed until a dough forms. Knead on floured surface 12 times; roll out dough 1/2 at a time to 14 x 10" rectangle. Cut into four (7 x 5") pieces. Place 1 slice of lean boiled ham on each piece & sprinkle with some crumbled French-fried onions (3 1/2-oz can). Starting with 7" side, roll up jelly-roll fashion & seal edge. Place seam side down on greased cookie sheet; brush with milk; bake at 450° 10 to 12 minutes. Remove & cut each roll into 7 slices. *This yields 56 sensational hors d'ouvres to serve either hot or cold!*

Brava Bailey

MARINATED SALMON

- 5 lb chunk of salmon
- 1 cup sugar
- 1 3/4 cup water
- 2 1/4 cup white vinegar
- 2 tsp salt
- 2 Tbs pickling spices
- 1 tsp ground ginger
- 3 onions & 2 lemons, sliced thin

An original recipe from our favorite gourmet cook, Chris Sloper, & the best fish marinade we've ever tasted!

Mar Val D. Sloper

To poach salmon: wrap in cheesecloth with a little sweet basil, tarragon & rosemary sprinkled inside. Lower chunk gently into pan of boiling water. Immediately remove from heat; simply let it sit in the water until it's cold. Regardless of size of fish chunk, it will always be poached to perfection.

When salmon is cool, peel off skin, remove bones & break into pieces. Boil the sugar in water, add seasonings; cool & pour over salmon. Slice onions & lemons over the top. Marinate at least 72 hours in the refrigerator before serving as an hors d'oeuvre. It will keep at least 3 weeks in refrigerator.

HINT FROM CHRIS: If water chestnuts are scarce or too expensive, try the Jicama fruit now on fresh produce shelves. It has an almost identical flavor & is also good sliced in strips & served with cold vegetable dips.

GOODIE SNACKS

1 sm head cauliflower	1/2 cup olive oil
Several carrots & celery stalks	2 Tbs sugar
1 green pepper	1 tsp salt
1 jar (4-oz) chopped pimientos	1/2 tsp oregano
1 bottle green olives	1/4 tsp pepper
	1/4 cup cold water
	3/4 cup wine vinegar

These are delicious & great for bridge club, just snacking or appetizers. They are also nice for Mother when the skirt band is a little tight. Any vegetables may be used successfully!

Shirley Key

Cut fresh vegetables as for finger food & simmer in boiling water for 5 minutes (don't overcook!). Cool immediately in strainer. Add olives & pimientos. Mix remaining ingredients until sugar is dissolved & pour over vegetables. Refrigerate at least 24 hours. Bring to room temp. before serving because olive oil will harden in refrigerator.

BRUSSEL SPROUTS

1 lb brussel sprouts (barely cooked & drained)	1/4 tsp garlic salt
1/3 cup sauterne wine	3 drops Tabasco
3 Tbs wine vinegar	2 Tbs <u>each</u> chopped pimiento & dill pickle
2 Tbs brown sugar	2 chopped green onions (with some green tops)

This is my favorite cold vegetable! You serve the sprouts in the marinade with toothpicks on the side. To serve as a hot vegetable just re-heat sprouts in the marinade!

Chis Slater

Marinate brussel sprouts in mixture of remaining ingredients at least one day.

PICKLED MUSHROOMS

- 1 cup cider vinegar
- 2 tsp butter-flavored salt
- 1 tsp salt
- 1/4 tsp white pepper
- 2 tsp accent
- 1 tsp Beau Monde
- 2 lbs washed & halved mushrooms,
about 1" in diameter or chunk
larger into bite-size pieces

A delicious low-cal snack or hors d'oeuvre. These disappear rapidly at any gathering as they are on everyone's diet list, but I think they might keep several days if you'd label them "toadstools." I made the recipe up myself!

Rose Hopkins

Pour vinegar into electric skillet. Add remaining ingredients. Boil rapidly 2 minutes, turn off heat, let cool in pan, refrigerate mushrooms in liquid. Strain & serve.

HINT FROM CHRIS: An extremely good, simple & quick SAUSAGE HORS D'OUVRE can be made by rolling out a prepared tin of buttermilk biscuit dough (or any type of roll dough) as for a cinnamon roll. Spread this with Whole-Hog Hot-Spiced Sausage. Roll as for a jelly roll & freeze. When partially frozen, cut in slices if desired, & store in plastic bags in freezer. When company comes, just take the number of slices needed, bake at 375 to 400° for 15 minutes, & you have a delicious hors d'oeuvre!

ALL-PURPOSE DIP

1 cup mayonnaise
1/2 tsp lemon juice
1/4 tsp each salt & paprika
1 tsp dried salad herbs
1/2 tsp curry powder
1 Tbs each grated onion & chopped chives
1/2 tsp Worcestershire sauce
1 minced clove garlic
1 Tbs capers (optional)
1/2 cup sour cream

Mix all ingredients together by hand (not blender). Store in refrigerator indefinitely.

DILL DIP FOR RAW VEGETABLES

1 cup sour cream
1 cup mayonnaise
1 Tbs chopped chives or minced onion
1 Tbs parsley
1 tsp Beau Monde seasoning
1 tsp dill weed

Mix together & let chill together at least two hours before serving.

This old stand-by seems to taste good with all raw vegetables, with cooked artichokes & even with seafood such as prawns!

Jordis Schick

Carrots, celery, cauliflower, radishes, turnips or whatever are all enhanced by this delightful blend of flavors!

Joan Hale
Dety J. Andersen

CHOPPED LIVER

- 2 onions, sliced
- 1 Tbs oil
- 1 lb chicken or beef liver,
washed, cleaned & drained well
- 2 hard-cooked eggs
- 1 1/2 tsp salt
- 1/4 tsp fresh ground pepper

Saute onions in oil; cool. Broil or bake liver, seasoned with garlic salt, until thoroughly cooked; cool. Grind onion, liver & egg. Season with salt & pepper & add enough mayonnaise to make a smooth, blended paste.

CRACKER PIZZAS

- 1 can undiluted condensed Tomato soup
- 1 minced clove garlic
- 1/4 tsp dried oregano
- 50 saltines (or Ritz crackers)
- 3/4 lb sliced natural sharp American cheese

Combine soup, garlic, oregano; let stand at least 20 min. Top each saltine with a bit of tomato mixture; then with a slice of cheese. Sprinkle with oregano if desired. Bake in 400° oven 3 to 5 min., or until cheese melts. Serve at once. Serves 20.

A Jewish dish ranking high on the list, this can be served as an appetizer, hors d'oeuvre or sandwich filling. Rye bread is always served with it & you can decorate the liver paste with parsley, paprika or even pack it in a fancy mold.

Mrs. Sidney Coleman

"For the young at heart." These are simple but good--and a natural for a young crowd!

Barbara Geiser



BEVERAGES



COFFEE ESSENCE

Combine in large bowl:
1 lb fine or regular grind coffee
7 cups cold water

Let stand 12 hours or overnight. Carefully filter through a funnel lined with cone coffee filters. To serve, add 2 to 4 Tbs coffee to 1 cup boiling water.

Here's fresh coffee at your fingertips without the bitter taste. From a home economist right here in Marion County!

Di Shepard

RUSSIAN TEA

8-oz jar Tang
1 lg pkg pre-sweetened lemonade mix
1/3 cup sugar
3/4 cup instant tea
1 tsp cinnamon
1/2 tsp cloves

Keep spices mixed in a jar for an instant tea "pick-me-up." Use 2 to 3 tsp per cup of hot water.

Petty G. Anderson

HINT FROM CHRIS: When entertaining, make your coffee ahead & store in large thermos containers. Saves the last minute fuss; is hot & ready when needed. You can get the large thermos bottles with most savings stamps.

CAPUCCINO (6 oz serving)

4 oz water	2 Tbs brandy
1 tsp espresso mix	1 1/2 Tbs light rum
1/2 Tbs instant cocoa	1 Tbs coffee liqueur
1/2 tsp sugar	1 tsp cream

Heat water in pan until hot; add espresso mix, chocolate & sugar. Measure liqueur in a cup; then add to coffee mixture. Reheat slowly to make sure it's piping hot! Add cream. Pour into capuccino cup & fill with whipped cream.

ESPRESSO CREAM

2 cups water
9 sqs sweet cooking chocolate
1 (3") piece stick cinnamon
2 Tbs sugar
4 tsp Instant Espresso coffee
1/2 cup cream for whipping - ground cinnamon

Combine water, chocolate, cinnamon stick, sugar in pan. Heat slowly; stir in coffee. Whip cream; pour coffee in demitasses; spoon in whipped cream, sprinkle with cinnamon.

Mrs. John Wilbur's family has been in the restaurant business for years. This is one of her own personal favorites.

Marilyn J Wilbur

Thelma Wagner is a well-known Interior Designer from Eugene who also excels in hospitality! This makes 8 half-cup servings.

Thelma Wagner

SIMPLE FROZEN DAIQUIRI (serves 6)

1 small can undiluted limeade mix
1 juice can light rum (or to taste)
1 1/2 cups water

Pre-mix all ingredients in blender jar or in the large bowl of your electric mixer. Freeze & set out 1/2 hour before serving at room temperature. Whip on blender.

ILLAHE'S FREDDY FUD PUTTER

1-oz Tequila
2-oz orange juice
Galliano

Mix Tequila & orange juice; pour over ice in 10-oz glass. Drizzle Galliano over top.

GOLDEN BLOSSOM (serves 3 to 4)

1/2 cup whipping cream
1 to 2 eggs
1 small can frozen orange juice
1 small can gin or vodka

Whip cream in blender; add eggs, orange juice, liquor & lots of ice. Blend well.

I pre-mix quarts of this in advance for parties--in small-mouth mayonnaise jars which fit on many blenders!

Lee Ford

A Country Club special. The trick is to say the name after you've had one!

Jim Lumley

This mixture is very thick & should be thinned with either gin or vodka to taste. Taste often until you get the proper proportions--and let the good times roll!

Peggy Fry

SUMMER COOLER

1 pt orange or lime sherbet
1 qt 7-Up
1 1/2 jigger gin or vodka per person

Place sherbet in blender. Add 7-Up to cover, liquor & ice; blend well.

RAMOS FIZZ

1 small can frozen lemonade
2 small cans half & half
1 small can gin or vodka
2 eggs
Dash of orange flower water

Place ingredients in blender & fill with ice. Blend thoroughly; serve ice-cold.

1972 PLAYBOY DRINK WINNER

5 parts bourbon
2 parts sweet vermouth
1 part each Galliano & dry vermouth
Dash of bitter Campari

Stir with ice. Strain & serve with stemmed cherry.

This recipe came from two happy souls who were buying their third batch of orange & lime sherbet at a local market one very hot summer day!

Chuck Nielsen

These two neighbors concocted this after much happy trial & error tasting. Their lucky guests gave it an A-plus rating!

*Ed Pine
Alan Richel*

A before-dinner drink that originated in Chicago. It's self-explanatory. WOW!

A Centerfold Bunny

CHRIS' COCONUT WILLY

2 cups each pineapple juice &
apricot nectar
4 Tbs each coconut powder, coconut
syrup & whipping cream
Vodka to taste

Blend & serve over crushed ice.

HAWAIIAN CHI CHI

3-oz pineapple juice
1-oz Sweet & Sour mix (3/4 oz lemon
juice to 1/4-oz sugar)
2-oz vodka
1-oz coconut syrup

Blend with crushed ice. Serve in 14-oz glasses.

HINT FROM CHRIS: To try an old TAHITIAN RUM DRINK, one day ahead of party, insert one vanilla bean in each bottle of light rum & chill. At party time, transfer bottles to ice buckets; pour the cold, delicately vanilla-flavored rum into glasses over crushed ice & add a slice of lime!

The Slopers are known for their marvelous parties. Here's a recipe they got from Hawaii that's a "Hula." You can buy the coconut powder in any health food store or gourmet shop!

Chui Slopers

Mrs. Brown was given this recipe the last time she was in the islands. She likes to garnish it with a pineapple wedge & a cherry on a pick topped with a paper parasol!

Claudine Brown

JOHN SEBASTIAN

4 parts "Old Hermitage"
1 part Benedictine
1/4 cup or more water

Blend & store in freezer. Serve plain or over crushed ice.

MAGGIE McNELLIS' COCKTAIL

1 1/2-oz orange juice
1 1/2-oz lemon juice 1 1/2 tsp sugar
1 1/2-oz cognac 1/2 fresh banana

Blend ingredients with shaved ice for 1 minute. Use brandy-snifter glasses.

MAKE AHEAD MARTINIS

4/5 qt good gin
10-oz tap water
6-oz good dry vermouth

Mix together; place in freezer overnight to blend flavors. Serve with olive or onion.

HINT: A slice of cucumber in GIN & TONIC is just as good as a lime! Tastes the same.

Judge Val Sloper received this recipe from Edna Hunt years ago. No one drinks more than three. Powerful wallop!

Val D. Sloper

This is especially good for a luncheon party, garnished with a cherry or orange slice. Potent but safe!

Mrs. Clyde Newhouse

From the late John Hughes, who spent much time perfecting this martini mix guaranteed to please dry martini lovers or lazy hosts!

Sallie Barber

SAN FRANCISCO ZOMBIE

3/4-oz each heavy-bodied rum &
red rum
3/4-oz each Puerto Rican dark rum
& Puerto Rican light rum
1/2-oz apricot brandy
3/4-oz pineapple juice
1 large lime, juiced
1 tsp brown sugar
Shake well with crushed ice & pour into chilled Zombie glass. Float 151 proof rum on top.

SANGRIA

Juice of 1 orange & 1 lemon
2 qts Burgundy or Rose wine
1/2 cup sugar
1 bottle soda water

Mix the fruit juices, wine & sugar in large pitcher & let stand at room temperature for at least 4 hours. Just before serving, add ice cubes & fill pitcher with soda water. Stir briskly until very cold & serve in chilled glasses.

HINT: Joe Eoff keeps his liquor in the freezer! It doesn't dilute with "tired ice" so quickly! Vodka should always be kept ice cold.

This recipe is from the old Romanoff's on top Nob Hill in San Francisco. Garnish with fresh mint, a stick of pineapple & a maraschino cherry. One to a guest is sufficient!

Joe Eoff

Sometimes I substitute Bubble-Up for the soda & sometimes I use frozen Daiquiri mix instead of the lemon & sugar!

Phyllis Elgin

CHAMPAGNE PUNCH

3 ripe pineapple
1 lb sugar
1 pt lemon juice
4-oz Curacao
1 pt Cognac
1 pt Jamaican rum
4-oz maraschino cherry juice
4 qts Champagne

This favorite of mine makes enough for 20 & is a certain party pleaser!

Miriam Shinn

Peel & crush pineapple. Place in a large glass bowl; cover with sugar; let stand 1 hour. Add strained lemon juice, Curacao, Cognac, rum & cherry juice. To color red, add 2 Tbs Grenadine; stir & let stand overnight. Before serving, pour over a block of ice in bowl. Add Champagne!

FROSTY DAIQUIRI PUNCH

1 bottle (16-oz)
daiquiri mix
6 Tbs superfine
sugar
2 1/2 cups light rum
1/2 cup Curacao or
Cointreau
1 large bottle club soda

The day ahead, prepare an ice block & frost your punch bowl. Then combine ingredients for punch & save the last minute fuss!

Miss Jean Robertson

Combine daiquiri mix & sugar & stir until dissolved. Add rum & Curacao. Refrigerate, stirring often, until well-chilled (about 3 hours). Blend 1/2 of mixture with 1 doz. ice-cubes on high speed for about 20 seconds. Repeat with 2nd half. Stir in club soda. **HINT:** You can make a FROSTED PUNCH BOWL by beating one egg white with 1 Tbs water. Use mixture to brush a band about 1 1/2" wide on outside rim of punch bowl. Sprinkle granulated sugar on sheet of waxed paper; roll bowl edge in sugar; let stand 20 minutes. Repeat & set aside 3 or 4 hours or overnight!

MRS. LAWRENCE'S PUNCH

1 lg can frozen daiquiri mix
1 sm bottle cranberry juice
1 lg pkg Wyler's lemonade mix dissolved in 1 qt hot water
4 lg bottles 7-Up (pour in just before serving)
Mix ingredients in large punch bowl with circle of ice. Float sliced fruit on top.

Leone Lawrence has been a bridal consultant & cateress for 30 years. This is one of her favorites for receptions!

Leone L. Lawrence

TORPEDO PUNCH (makes 4 1/2 qts)

4 lemons 1 1/4 lbs cube sugar
8 tsp green tea 1 1/2 qts whiskey
3 pts water 1 qt Jamaican rum

This punch guarantees lots of fun & gaiety at any party.

Mrs. Bryman Boise

Peel lemons thin; add peel to tea leaves; pour water over; boil 5 minutes & strain. Squeeze lemons; pour juice over cube sugar. Pour hot tea over this & add liquor.

EGG NOG PUNCH

2 dozen eggs, separated
1/4 pkg powdered sugar
1/2 qt apricot brandy plus 2 qts bourbon
3 qts egg nog ice cream plus 4 qts 10% cream
24 hours ahead; whip egg yolks & beat in powdered sugar. Add brandy & bourbon. Whip in ice cream & cream. Fold in beaten egg whites & chill. Serves 25 people.

This punch was served frequently to Garden Club Christmas parties. It's very easy because it must be made the day before!

Margie Maulding

TOM & JERRY BATTER

6 eggs, separated
1 lb powdered sugar
1/2 tsp each cinnamon, cloves & nutmeg
1/4 tsp cream of tartar

Beat yolks until stiff; add spices & powdered sugar until beater can barely turn. Beat egg whites with cream of tartar until stiff; fold in; store in freezer. Put generous Tbs in cup; add jigger of blended rums; hot water, coffee or milk; sprinkle with nutmeg.

CURACAO

The peels of 6 medium tangerines
1 fifth domestic brandy
2 cups sugar, dissolved in 1 cup water
4 tsp sugar

Let the peels dry overnight. Put in 1 qt jar; pour the brandy over; place lid on tight & let stand 2 or 3 months. Then combine water & sugar; boil 2 minutes & cool. Carmelize 4 tsp sugar by heating in a heavy frypan until dark brown & cool. Add sugars to the filtered brandy. It may take several days for the sugar to dissolve.

HINT: For WINE PUNCH, freeze the wine in ice cubes or a round bowl or other block shape. Use this to keep your wine or champagne chilled for a party. (It's also a good way to keep left-over Champagne!

Every year several Salem families go Christmas tree hunting up in the mountains together. This is our traditional "tree-hunt" beverage!

R. Jones

Plan 3 months ahead for this delicious drink!

*Ethel Rector
(Mrs. E. W.)*

Chris Sloper

THE BEST SAUCE
IN THE WORLD IS
HUNGER

DE CERVANTES



SOUPS



GREEK LEMON SOUP

1/3 cup raw rice
6 cups rich chicken broth
2 egg yolks
1 large lemon
Parsley, finely chopped

Wash rice & drain thoroughly. Bring the chicken broth to a boil; add the rice & simmer for 30 minutes or until very soft. Beat egg yolks & juice of lemon thoroughly. Slowly stir 1 cup of the hot stock into the egg mixture, stirring rapidly. Remove soup from heat; when it has stopped boiling, stir in egg-broth mixture, stirring rapidly to prevent soup from curdling. Stir the soup for a few seconds & serve it immediately. Garnish with snipped parsley.

A light, smooth first course with a delicate flavor of lemon.

Bernice Freeman

CREAM OF MUSHROOM SOUP

1/2 lb mushrooms 2 cups chicken broth
1 small onion 2 Tbs each butter & flour
2 stalks celery 1/2 pt half & half

Wash mushrooms & chop fine. Simmer for 30 minutes with onion, celery & chicken broth. Remove onion & celery. Blend butter with flour; add slowly to stock, stirring constantly. Season to taste with salt & pepper. Add half & half & heat just until warm. Serve with finely chopped parsley & a dab of whipping cream on top.

This is a recipe I got years ago from Beryl Cooley of Salem. My family & friends have enjoyed it ever since!

Doris Haag

FROZEN GAZPACHO

1 qt bottle V-8 juice
1 cucumber, peeled, seeded, finely grated
1/2 cup bread crumbs, finely grated
1 green pepper, seeded, finely grated
1 Tbs vinegar
2 tsp instant minced onion or
1 lg fresh onion
1/2 tsp each olive oil & salt
Dash each garlic powder & white pepper

Gazpacho is a Spanish cold soup or appetizer that is great because it is low on calories & still delicious. This is a quick & easy version to store in your freezer. On a hot day, simply thaw it slightly before serving with your own choice of accompaniments.

Chui Sloper

Combine all vegetables with remaining ingredients & freeze or chill thoroughly. Accompany servings with assortment of cubed vegetables & bread (little bowls of chopped onions, cucumbers, celery, green pepper, hard-boiled egg, toasted bread cubes, etc.). Or go deluxe & garnish with a spoonful of sour cream & a dab of caviar. Serves 6.

GAZPACHO VARIATION: Combine 1 cup finely-chopped fresh tomatoes; 1/2 cup each finely-chopped green pepper, celery, cucumber & onion; 2 tsp snipped parsley; 1 tsp minced garlic; 2 to 3 Tbs tarragon vinegar; 2 Tbs olive oil; 1 tsp salt; 1/4 tsp fresh-ground black pepper, 1/2 tsp Worcestershire sauce; & 2 cups of tomato juice. *The secret of this Gazpacho is in the fine chopping of the vegetables. I like it for between meal snacking or even as a cold drink & I make the batches in quadruple because it lasts indefinitely in the refrigerator. Try it--you'll like it!*

Dandye Talbot

MINESTRONE SOUP

A main dish soup that's been a family favorite for many years.

1/4 lb each bacon & ham, chopped
1/2 lb Italian sausage or pepperoni, chopped
2 medium onions, chopped
2 tomatoes, peeled & chopped
1/2 cups each raw rice & dried red beans
1 stalk celery, diced
6 cups meat stock

1/4 head cabbage, shredded plus 1 cup mixed green vegetables

Salt & pepper & grated parmesan cheese

Fry bacon, ham, sausage & onions together until lightly browned. Add tomatoes, rice, beans (which have been soaked in cold water for several hours) celery & stock. Simmer until beans are tender. Skim off fat frequently. Add cabbage & mixed green vegetables (peas, lima beans, spinach, string beans, asparagus, etc.). Simmer until soup is thick & vegetables soft. Season. Serve with grated cheese.

Lee Fard

CRAB SOUP CARY: In top of double-boiler over hot water, heat 1 lb crab meat with 1/3 cup dry sherry. In heavy skillet, saute 1 medium onion (finely-chopped), & 1/2 large green pepper (seeded & finely-chopped) in 1/4 cup butter until almost soft. Mix 1 1/2 tsp chili powder, 1/2 tsp sugar & 2 Tbs flour. Sift into onion-butter mixture & blend, stirring constantly, until thickened. Scald 2 cups cream & add slowly to butter mixture, stirring & cooking until slightly thickened. Add crab meat & serve. *This is a specialty from a Portland designer. He serves it with thin buttered toast sprinkled with freshly grated Parmesan. Tastes heavenly!*

Harold E. Cary

OLD FASHIONED BEAN SOUP

1 lb navy beans
3 qts water
1 ham bone
1/2 cup chopped green pepper
1 cup chopped celery
2 cups diced, pared potatoes
1 medium onion, chopped
3 carrots, sliced
1 Tbs salt
1/4 tsp pepper
1 cup tomato sauce

This soup, with a fruit salad and corn-bread, makes a fine supper.

Ann White

Simmer beans in water with ham bone for 2 hours. Add other ingredients & simmer 2 hours longer or until beans are tender. This recipe makes 3 quarts.

HINT FROM CHRIS: Exquisite, beautiful soups are made with other seasonings as well as the usual salt & pepper. To vegetable soup, add part of a bay leaf, a whisper of chili powder, a pinch of marjoram or thyme. For a borsch with old world charm, add a few dill seeds & whole cloves. Turtle soup needs some rosemary & bean soup likes dill seeds. Pea soup has an affinity for coriander or thyme. Cream soups take on a new life with a dash of curry powder, & the same spice will do something for bean & pea soup. Cream of tomato soup is really alluring when basil is added.

POTAGE PARMENTIER

- 3 Tbs butter
- 2 1/2 cups yellow onion, minced (or
1 1/4 cup leeks & 1 1/4 cup onion*)
- 3 Tbs flour
- 1 qt water
- 3 cups potatoes, peeled & diced
- 1 Tbs salt (Kosher, if possible)
- 2 cups creamy milk (5% butterfat)

Saute onions in butter, sprinkle with flour. Add potatoes, water & salt & simmer until potatoes are tender. Add milk & correct seasonings. Keep soup below boiling point until ready to serve. Final Enrichment: Remove from heat just before serving. Stir in 1/3 cup heavy cream, 3 Tbs softened butter & 2 Tbs minced parsley or chives. Serve with a dollop of sour cream. *If leeks are used, separate green & white parts. Saute white with onion; add diced green of leeks to soup with water.

POTATO CHOWDER: Cook 2 cups cubed potatoes, 1 Tbs chopped onion & 1 clove minced garlic in 2 Tbs bacon drippings until potato is transparent (not tender), stirring occasionally. Add 1 (10 1/2-oz) can condensed Chicken soup, 1 cup canned tomatoes, 1 tsp salt & 1/8 tsp pepper. Cover & simmer until potatoes are tender, about 25 minutes. Add 1 cup light cream or condensed milk; heat & serve at once. Serves 4. Here's another potato soup which can be easily increased in amounts & is a meal-in-one on a cold, wintry day!

Skip Jenks

This rich, versatile soup may be served hot--or be mixed well in a blender, chilled & served as Vichyssoise!

Bernice Freeman

SPLIT PEA SOUP

4 qts water
2 - 3 lb chuck meat
Soup bone
1 large pkg split green peas
2 large carrots, grated
1 whole onion
Salt & pepper to taste

Cook meat & soup bone in 4 qts water for 1 hour. Remove scum. Add peas, grated carrots, onion, salt & pepper. Continue to cook until meat is done. Take from fire & remove onion. Remove meat from soup & cut into small portions to be served as an accompaniment to soup.

CREAM OF SPINACH SOUP

1 pkg cream of leek soup (dried)
1/2 pkg chopped frozen spinach
3 cups water
1 1/2 cup milk

Bring soup mix, spinach & water to a boil & simmer for 10 minutes. Add milk & simmer 3 minutes more. Season to taste. Serves 6.

This soup freezes well & is a favorite of mine!

Mrs Max Williams

This soup was served to us in Cuernavaca. I hinted for the recipe, and since it was not forthcoming, I came home & experimented. This recipe is the result & I think, a close facsimile.

Evelyn Coleman

CHRISTMAS SOUP

1 qt chicken stock
2 - 8 oz cans tomato aspic
1/2 Tbs basil
1/2 cup dry sherry

Combine stock, aspic & basil. Bring soup to a boil, using wire whisk to break up aspic. Add sherry at last. Serve the soup very hot as it sets up if cool. The addition of a few small shrimps to each serving is a delightful variation.

When you serve this colorful soup float a thin slice of lemon sprinkled with parsley in each cup. A daub of sour cream sprinkled with poppy seeds is also a good topping.

Johna Brinkman

CRAB BISQUE

3/4 lb crabmeat
3 Tbs Worcestershire sauce
1/3 cup sherry
1 can each Campbell's Cream of Tomato soup,
Green Pea soup & Beef Consomme
1 soup can milk
1 small can Carnation milk

A simple & delicious soup entree for lunch!

Sophie C. Spears

Mix well & marinate overnight the crabmeat, Worcestershire sauce & sherry. The following day, in double boiler mix the soups, milk & canned milk. Beat to blend & heat. In second double boiler heat the crab mixture. Just before serving, put the two parts (which are piping hot) together.

CRAB SOUP (for 2)

1 can Campbell's Pepper Pot soup
1 can Beef Consomme
1 soup can half & half (or Coffee Rich)
1 Tbs fresh parsley (or 1/2 Tbs dried parsley)
1 Tbs chopped green onions (or chives)
1 Tbs minced pimiento (optional)
1/4 tsp curry powder (or more to taste)
3/4 lb fresh crabmeat (2 cups) or 2 (7-oz) cans

A favorite because it can be tossed together in a few minutes for unexpected guests. I keep at least double of all ingredients on hand at all times!

Ethel N Campbell

Put all together in double boiler or electric cooker & let heat for at least 45 minutes. Never let it boil as it will curdle. Serve in a bowl with 1 Tbs cooked rice (optional). This recipe can be made well ahead of time & it freezes well.

ROULO: To one mashed baked potato, add 1/4 cup bread crumbs & about 3 Tbs butter or enough to make a paste. Add 1 clove crushed garlic, 1-oz chopped pimiento, 1 egg yolk & 3 Tbs Parmesan cheese. Blend to spreading consistency. Spread on toast made from French bread & float on soups. Or serve on bread with salad or just use as a spread. *Jim Welch first tasted this in France & it wasn't too easy to get the recipe. He persevered because he thought it was the best spread he had ever been served.*

Jim Welch

DIRTY ERNIE'S PISMO BEACH CLAM CHOWDER

- 1 lb thick sliced bacon, diced
- 2 lg yellow Lake Labish onions, diced
- 8 lg Oregon grown potatoes, cubed
- 3 doz fresh or 8 cans razor clams,
minced & drained, reserving juice
- 2 tsp salt & 1 tsp pepper
- 1/2 lb butter
- 3/4 cup flour
- 1 qt whipping cream
- 1 1/2 qt milk
- 2 oz dry sherry
- 1 bay leaf & 1 tsp thyme

In cooking, as in maternity cases, it's always wise to have lots of hot water. So Ernie says to put some on to boil. Then get out the biggest pot you have (this is an 8 qt mix). Fry the bacon, drain the grease, add the onions & cook until golden. Add the potatoes, salt, pepper, clams & just enough boiling water to cover. Cook on very low heat for one hour.

In separate pan, melt butter. Blend in flour until creamy. Continue to stir & add clam nectar, whipping cream, milk, sherry, bay leaf & thyme. Cook this over low heat also for one hour. At last minute, combine two mixtures & serve. If the sauce gets lumpy, be sure to strain as you pour.

Ernie achieved this magnificent chowder after much experimentation. He has fond memories from childhood of carefree days on the Oregon coast & big steaming bowls of a similar chowder prepared by his Aunt!

Ernie Miller

GRANDAUNT'S OYSTER STEW

3 qts milk (part cream if you wish)
8 Tbs flour
1 qt oysters
Butter
1 1/2 tsp salt & 1/4 tsp white pepper
2 small green onions, chopped fine
Parsley

A traditional dish served every Christmas Eve since the turn of the Century in Salem to five generations of the Chambers-Steusloff family.

Wivian Chambers

Mix flour with some of the milk for thickening the stew. Heat remaining milk over hot water. When very hot, add thickening, stirring constantly. Melt generous amount of butter in saucepan; add oysters & simmer gently for a few minutes. Add oysters, salt, pepper & finely chopped onion to milk. Let stand 15 minutes before serving in heated bowls. Top with chopped parsley.

OYSTER STEW DELIGHT: Melt 2 Tbs butter in a heavy saucepan & cook 1/2 cup native Yaquina oysters over medium heat just until edges of oysters curl. DON'T OVERCOOK! They're so tender they cook rapidly. Add 1/2 cup each water, condensed milk & whole milk. Add a sprinkling of parsley, salt & pepper. Heat until piping hot. This makes 2 generous servings or 4 dinner ones. *This is another favorite Oyster Stew, sent to us by Mrs. Joseph Lewis of the Oyster City Oyster Company--a third-generation, family-operated business on the Oregon coast that furnishes the native Yaquina oysters to fine restaurants in San Francisco & New York as well as Oregon!*

Dorothy Lewis

CIOPPINO (4 - 6 servings)

1/4 cup olive oil
2 cloves garlic, minced
1 large onion, chopped fine
1 green pepper, chopped fine
1 lg can stewed tomatoes, cut up
2 cups each tomato juice & dry red wine
1 bay leaf
1/2 tsp each oregano, thyme & lemon-pepper
2 tsp salt (or to taste)
1 jar small oysters
24 large shrimp in shells
16 - 24 clams in shells
1 large halibut steak
1 large crab in shell
1 lb sliced fresh mushrooms

Saute vegetables in oil; add tomatoes, liquids & seasonings; cook in a large kettle, covered, for one hour. Remove bay leaf. Refrigerate until shortly before serving time. Rinse & drain oysters; devein & shell shrimp, retaining tail; soak clams in salt water, changing several times; remove crablegs, break into sections, remove body meat & save; cube halibut. Twenty min. before serving, bring tomato mixture to a boil & add mushrooms; simmer 10 min. Then add seafood & continue simmering. When shrimp turn pink & curl & clams open up, soup's on!

This dish is great for getting acquainted with your dinner partner--nothing breaks the ice faster than getting serious about eating with fingers as well as spoons. Sour dough bread is a must for dunking in the soup. Tossed green salad & dry red wine complete the meal.

Luth Simmons

NOTE: Jan Skopil has a fine Cioppino recipe very similar to this but suggests using shelled fish: 1 1/2 - 2 lbs perch or bass, 1 to 2 lbs scallops, 1 lb crabmeat, 1 1/2 lb pre-cooked, cleaned jumbo shrimp & 1 lb minced, drained clams. She also adds a whole lemon, sliced thin.

CHICKEN CORN SOUP

- 1 stewing hen (3 to 4 lbs)
- 3 to 4 stalks celery with leaves (cut up)
- 1 good-sized onion (cut up)
- 1 Tbs salt
- 2 bay leaves
- 3 qts cold water
- 3 to 4 cups corn kernels (fresh, frozen or canned)
- 1/4 tsp pepper & good pinch of saffron
- 2 cups egg noodles or dough balls
- 2 Tbs chopped parsley
- 3 hard-cooked eggs (chopped)

*Here's a man's favorite soup, but he says
it's better to have the meat removed while
cooking the dough balls.*

S. Victor J. Myers

Cut up hen & combine in a soup kettle with the celery, onion, salt, bay leaves & water. Cover & bring to a boil over high heat; reduce heat & cook gently until chicken is tender. Remove chicken from broth & take meat from bones when cool. Return meat to broth; add the corn, noodles (or dough balls), pepper & saffron. Bring to boil again & cook 15 minutes longer. Add more seasoning, if needed. Add hard-cooked egg & parsley at the very end of cooking time.

DOUGH BALLS: A half hour before serving, sift 1 cup flour with 1/2 tsp salt. Cut in 2 Tbs butter with pastry blender. Blend in 4 beaten eggs. Stir in only enough milk (1 to 2 Tbs) to make a batter thin enough to drop from end of spoon. Drop by spoonfuls into hot boiling broth & cook for 10 min.



THREE THINGS ARE GOOD IN LITTLE MEASURE AND EVIL IN LARGE: YEAST, SALT, AND HESITATION
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BREADS



HEALTH BREAD

2 envelopes dry yeast
4 eggs
1 qt milk, scalded
1/2 cup honey
2 tsp salt
2 cups rye flour
2 cups wheat flour
1 cup soy flour
1 cup wheat germ
5 - 6 cups white flour
1/2 cube butter

*This recipe was given to me by Ann Pine,
who is an artist in Palm Springs. It
makes 5 to 6 medium loaves & freezes
well for later use!*

*Eleanor Kay
(Mrs. E.W. Kay)*

Dissolve yeast in 1/2 cup lukewarm water; set aside. Scald milk & when cool add the well beaten eggs, honey, butter & yeast mixture. Add the dry ingredients, mixing well. You may have to add extra white flour to get proper consistency. Turn out on a floured board & knead for 10 minutes, until dough is smooth & elastic. Place in a buttered bowl to rise in a warm place until nearly double in bulk. Punch down & mold into loaves. Bake at 375° for 10 minutes, then reduce temperature to 340° & continue baking for 40 minutes. Place on rack to cool & butter the tops while warm.

HINT: For a tender, soft crust, brush bread with butter after removing from the oven, then cover with a towel. If you want a crispy crust just cool on a rack. For a highly glazed crust, varnish loaf before baking with an egg yolk beaten with 1 Tbs water.

WHITE BREAD

1 cup water
1 cup milk
2 Tbs sugar
2 Tbs shortening
4 cups flour
1 cake yeast
1/2 cup lukewarm water

My favorite bread receipt was given to me years ago by Lena Lampman, whose husband was an editor of the Oregonian. We all loved her bread but she just never gave out her receipts, so I was highly elated to finally worm this one out of her!

Zoe Maison

Scald milk, adding 1 cup water, sugar & shortening. Cool to lukewarm. Add yeast dissolved in 1/2 cup water. Stir in enough flour to make a stiff batter (about 2 cups); then cover with a tea towel & let rise in a warm place until double in bulk (about 1 hour). Now knead in remaining flour, working dough until it is the proper consistency, then let rise again in a warm place until double in bulk. Punch down & mold into two loaves. Place in buttered loaf pans & let rise again. When doubled, bake at 325° for about 1 hour; then place on racks to cool. *I like making just two loaves, & if you are going to be home all day it's no chore. However, it is habit-forming.*

HINT: To Knead, turn out dough on lightly floured board or pastry cloth & with floured hands, pick up dough. Fold over toward you, then push it down with heel of hand. Give dough a quarter turn; repeat kneading, developing a rocking rhythm. Continue kneading & turning until smooth & elastic. Sometimes this takes 10 minutes.

WHOLE WHEAT BREAD

1/2 cup milk (or evaporated milk)
1/2 cup brown sugar
1/2 cup shortening
4 tsp salt
1 3/4 cup lukewarm water
2 tsp sugar
2 pkgs active dry or compressed yeast
4 cups whole-wheat flour
2 cups white flour
Melted butter

*This is the favorite bread at our house.
When done, the top should be brown & the
bread should sound hollow when tapped
lightly with fingers!*

Rosemary D. Wood

Heat the milk, brown sugar, shortening & salt together in a saucepan, stirring constantly. Remove from heat as soon as shortening melts completely; cool to lukewarm. Mix water & sugar; sprinkle yeast on top stir once & let stand 7 to 10 min.; mix into the warm milk. Stir together the flours, make a well in center; pour in yeast mixture. Work flour into the yeast, using a wooden spoon. Beat well & turn out on a lightly floured board. Knead until smooth & elastic (at least 5 min.). Place in greased bowl; brush top with butter; cover & let rise until doubled in bulk, a little over an hour. Turn out on board & knead again 1 to 2 min. Divide in half; shape into loaves, placed in greased bread pans & brush tops again lightly with melted butter. Cover & let rise again until center of dough is slightly higher than edge of pan--about 45 minutes. Bake in 375° oven for 40 to 50 minutes. Remove from pans immediately & cool on wire racks.

CASSEROLE ONION BREAD

1 cup milk
3 Tbs sugar
2 tsp salt
1 1/2 Tbs shortening
1 cup water (warm)
2 pkgs yeast
4 1/2 cups all purpose flour
1 tsp onion salt
1/2 tsp celery salt
2 Tbs butter
3/4 cups coarsely chopped onion
1 egg yolk & 1 tsp water

A delectable loaf made the easy way--no kneading or shaping. It's wonderful with salads & for buffet suppers & men love it! I use an aluminum bowl for mixing & bake the bread in it, but it bakes well in a Bundt pan, too.

Connie Long

Scald milk in small saucepan & remove from heat; add sugar, salt & shortening; stir until dissolved; cool. Measure warm water into 2 1/2 qt bowl & dissolve yeast in it; add cooled milk mixture. Sift flour, measure, add onion salt & celery salt; add to yeast mixture all at once. Stir until well blended--about 2 min. Cover with a towel & let rise in warm place until tripled in bulk (about 1 hour). Stir down; beat vigorously about 1/2 min. Turn into greased baking bowl & let rise again. Bake at 375° for about 1 hour on rack below oven center. Meanwhile make Topping: melt butter over low heat, add onion; cover & cook 5 min. Cool, then beat egg yolk & water, mix well & combine with onion. When bread is set (40 min.) spoon onion mixture over top. Bake 20 min. more or until top is golden. Cool on rack.

CHUNK O' CHEESE BREAD

1 3/4 cups water 2 Tbs shortening
1/2 cup cornmeal 1 pkg dry yeast
2 tsp salt 4 to 5 cups sifted flour
1/2 cup molasses 1 lb American cheese, cut in 1/4" cubes

This is a hearty bread quite reminiscent of rye. It keeps well & should be served piping hot. Wrap in foil to heat!

Linger Rogers

Combine water, cornmeal & salt in saucepan; bring to boil stirring constantly. Cook until slightly thickened. Remove from heat & add molasses & shortening. Cool to lukewarm. Soften yeast in 1/2 cup warm water in large bowl; add cornmeal mixture; blend thoroughly. Add flour gradually, making stiff dough. Knead on well-floured surface until smooth & satiny (about 5 min.). Place in buttered bowl; let rise until doubled (1 to 1 1/2 hrs). Now place dough on surface sprinkled with cornmeal. Work cheese cubes in 1/4 at a time, until cubes are well distributed. Divide in 2 parts; shape into 2 round loaves, covering cheese cubes. Let rise until light (about 1 hr). Bake at 350° 45 to 55 minutes.

SUPER DELICIOUS EASY CHEESE BREAD: Trim crusts from loaf of unsliced white bread; cut in slices nearly to bottom edge making a diamond pattern. Cream together 1/2 cup American cheese spread, 1/2 cup butter, dash of Tabasco, dash of Worcestershire & a bit of onion juice. Add 1/4 cup sesame seeds; mix well & spread in & on all the cuts, winding up with a frosted loaf. Wrap in foil & heat at 350° for 20 minutes or longer. May be frozen.

Penny Jones

ZUPFE BREAD

1 pkg yeast
1 pt milk, slightly warmed
1/2 cup sugar
4 eggs
1 tsp salt
1/2 lb butter or margarine
2 sifters white flour

This recipe from Mr. Iufer is true authentic Swiss--& delicious! Mrs. Iufer adds that if brushed with melted butter prior to second rising, the crust will be thinner!

Ernest Iufer

Dissolve yeast in tepid water. In large bowl combine milk, sugar, eggs, salt & softened butter. Add first sifter of flour & stir & beat until mixed. Gradually add 2nd sifter until one can start kneading with hands. Let rise until doubled in bulk. Place bread on lightly floured board; divide in 3 parts. Roll out under palms of hands until they are long rolls about 2" thick. Pinch ends together & braid. Lay braided bread on greased cookie sheet. Cover & let rise until doubled in bulk. Bake in preheated 350° oven for 15 minutes; reduce heat to 325° for 45 minutes. Brush with melted butter when removed.

HINT: To freeze bread remove product from pan to cool, then wrap and freeze immediately. Bread should not stand out long between baking & freezing as this is the most rapid period of staling. To thaw, leave product in original wrapper until serving or heating time. Thaw at room temperature.

FINGER ROLLS

3 cups sifted flour
1/4 cup sugar 1/2 pkg dry yeast
1/2 tsp salt 1 egg
1 cup milk 5 Tbs melted butter
Sift 1 1/2 cups flour with sugar & salt. Slightly beaten egg & melted butter into remaining flour, (dough is still too soft to handle) cover & store in refrigerator overnight. Next day roll dough 1/2" thick into a rectangle & cut into 2 - 1/2"x3/4" strips. Dip in butter & let rise 1 hour or until light. Bake at 400° for 8-10 minutes.

GOURMET DINNER ROLLS (makes 12)

1 pkg dry yeast 1 Tbs soft butter
2/3 cup warm water 2 Tbs parmesan
2 1/3 cups biscuit cheese
mix 1 tsp garlic powder

Dissolve yeast in warm water. Stir in baking mix, beat vigorously. Turn dough onto floured board. Knead until smooth (about 20 times). Roll into rectangle, spread with butter, then sprinkle with cheese and garlic powder. Cut into 12 3" squares, roll up as for jelly roll; place seam side down on greased baking sheet. Make cuts halfway through dough at 1/2" intervals & curve slightly to separate cuts. Cover & let rise in warm place until double, about 30 minutes. Bake at 400° for 10-15 minutes.

These rolls are delicious when served hot, but can also be used cold for little finger sandwiches--just fill with cheese or left-over meat!

Pat Miller

Steven Strickland, who is 9, contributed this fine recipe. It is a dinner favorite on days his Mom works because he can make it in about 45 minutes.

Jane Strickland

NEVER FAIL REFRIGERATOR ROLLS

1/2 cup shortening
1/4 cup sugar
1 tsp salt
1/2 cup boiling water
1 cake yeast (not dry)
1/2 cup cold water
1 beaten egg
3 cups flour

This dough can be stored in refrigerator for several days. Just remember to shape rolls about 3 hours before you want to bake them. They melt in your mouth!

Jordis Schick

Pour boiling water over shortening, sugar & salt; blend with gravy-blender; cool. Sprinkle crumbled yeast cake over cold water; let stand 5 minutes to soften. Add beaten egg to shortening mixture; then stir in yeast mixture. Add flour; cover & place in refrigerator for 4 hours. About 3 hours before serving, knead & roll dough into shape on floured board. Don't be afraid to slap it around. Form into knots, butter-fingers, cloverleaves, crescents or whatever strikes your fancy. Place on baking sheet & brush with melted margarine. Cover with a tea towel & let rise until light. Bake at 400° 10 to 15 minutes.

HINT: Always use brown sugar when making cinnamon rolls. It makes a sweet gooey filling with a better flavor & texture than granulated. Combine about 4 tsp cinnamon to 1 cup brown sugar. Roll dough to 1/4" thickness; spread with butter; sprinkle with cinnamon & sugar; roll up jelly-roll fashion; cut in slices; let rise & bake.

Milo Pearmaine

OLIMPIA BREAD

A perfect bread to "take along" to pot luck dinners, etc. It can be assembled ahead & heated at the last minute.

- 1 loaf French bread, cut in half lengthwise
- 1 cup American sharp cheddar cheese, shredded
- 2 Tbs mayonnalse
- 3 Tbs coarse shedded Swiss cheese
- 3 green onions, chopped fine, green parts only

Olimpia

Mix together & thin with additional mayonnaise if desired. Spread on bread & bake at 375° for 10 minutes or until cheese is melted. Cut in chunky cubes.

HERB BREAD

This recipe came to me as a way to fix a loaf bread, but I love to serve individual toasty cubes!

- 1 lg loaf unsliced bread
- 1/2 lb butter
- 1/2 tsp crushed savory
- 1 tsp thyme
- 1/2 tsp each salt & paprika
- Dash of cayenne

Sue Close

Remove crusts from bread--cut in 1" cubes. Spread mixture on all four sides of cubes. Place on cookie sheet; refrigerate 24 hours; bake at 400° for 12 to 15 minutes.

APPLE MUFFINS (yields 9)

Tried, tested & good!

1/2 cup sugar
1/4 cup shortening
1 egg
1/2 cup milk
1 1/2 cups flour, sifted
2 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1 cup grated, unpeeled apples

Mrs. Andrew Schriest

Cream sugar & shortening; add egg & milk. Sift flour, baking powder, salt & cinnamon together; add with grated apples. Bake in greased muffin tins at 400 for 20 minutes.

BRAN MUFFINS

This large recipe will keep 6 weeks in the refrigerator. As you use the batter, don't stir. Just dip out!

1 cup boiling water
1 cup dates, cut up
1 1/2 tsp soda
1/2 cup shortening
1 cup sugar
2 eggs, beaten
2 cups buttermilk
2 1/2 cups flour
1 tsp salt
3 cups bran flakes

Mrs Edward A Brown

Mix dates with water & soda; cool. Cream shortening & sugar; add eggs & remaining ingredients. Bake at 350 for 25 minutes. Store in refrigerator in tightly covered jar.

MOLASSES MUFFINS

1 cup sugar	1 tsp <u>each</u> ginger,
1 cup shortening	cinnamon & salt
1 cup light molasses	2 tsp soda
1 cup buttermilk	1/2 tsp allspice
4 eggs	1/2 cup nuts
4 cups flour	1/2 cup raisins

Just the thing to fix in a hurry to go with coffee or to serve at a bridge luncheon. The original recipe came from Betty Babcock who is a former first lady of Montana.

Audrey Haskin

Cream together sugar, shortening, molasses & buttermilk. Add eggs one at a time, beating well. Mix in remaining ingredients. Store in the refrigerator & bake as needed. Bake 20 minutes at 350°. This makes a large batch to keep several weeks in refrigerator.

OATMEAL MUFFINS

1 cup quick-cooking oatmeal	1/2 cup Wesson oil
1 cup buttermilk	1 cup sifted flour
1 egg	1/2 tsp salt
1/2 cup brown sugar	1/2 tsp soda
	1 tsp baking powder

This recipe can be doubled & stored in the refrigerator for two weeks. Don't stir! Just dip out by spoonfuls.

Bula Smith

Mix first five ingredients & let stand for 1 hour. Then sift together remaining ingredients & add to first mixture. Bake at 400° for 15 to 20 minutes.

BOSTON BROWN BREAD

1 cup whole wheat flour 3/4 cup molasses
1 cup rye flour 2 cups buttermilk
1 cup cornmeal 1/2 cup raisins

*This is always served with baked beans,
even if white bread is served also!*

Doris G Hale

Combine dry ingredients. Add molasses & buttermilk & mix thoroughly for 2 minutes. Add raisins (previously dusted in flour mixture). Pour into well-oiled molds, filling 2/3 full. Put on lids & steam 55 minutes or until bread feels springy to the touch & not sticky. You can use a large kettle, covering the bottom with about 2" of hot water, replenishing as needed. Place molds on a rack in the kettle & cover all tightly. One may use #1 coffee cans with heavy foil tied on for lids. Recipe makes 2 or 3 cans.

BRIOCHE

1 cup milk, scalded 1/4 cup lukewarm water
1/2 - 2/3 cup butter 3 - 4 beaten eggs
2 tsp salt 1 tsp grated lemon peel
1/4 - 1/2 cup sugar 4 1/2 cups flour
2 yeast cakes Melted butter

*An easy brioche, just as good as more
difficult recipes, that makes a rich &
delicious breakfast or luncheon treat!*

Gloria Evans

Scald the milk; then add butter, salt & sugar. Cool slightly. Dissolve yeast in lukewarm water & add to first mixture with the beaten eggs & lemon rind. Stir in the sifted flour & beat well. Cover bowl with a cloth & let rise for 6 hours. Fill greased muffin tins 1/2 full, brushing tops with melted butter. Let brioche rise uncovered in a warm place for 30 minutes. Bake at 425° for about 20 minutes. Remove from pans at once.

CHEESE PUFF RING (GOUGERE)

1 cup milk	1 cup unsifted flour
1/4 cup butter	4 eggs
1/2 tsp salt	1 cup shredded
Dash pepper	Swiss cheese

The French serve gougere for lunch with a green salad, but we like it with roast beef for dinner. This recipe doubles well (make two rings) and freezes for reheating in foil.

Shirley Taggesell

Heat milk & butter in 2 qt pan & add salt & pepper. Bring to a full boil & add the flour all at once, stirring over medium heat about 2 min. or until mixture leaves sides of pan & forms a ball. Remove pan from heat & beat in by hand the four eggs, one at a time, until mixture is smooth & well-blended. Beat in 1/2 of the cheese. Using an ice-cream scoop or large spoon, make 7 equal size mounds of dough in a circle on a greased baking sheet, using about 3/4 of the dough. Each ball should just touch the next one. With the remaining dough, place a small mound of dough on top of each larger mound. Sprinkle the remaining cheese over all and bake on center shelf of 375° oven about 55 minutes, or until puffs are brown and crisp. Serve hot.

CHEESE BREAD CUBES: Trim crusts from day-old loaf of unsliced bread & cut into 1 1/2" cubes. Melt 1/2 cup butter, 1/4 lb diced cheddar cheese & 1 (3-oz) pkg cream cheese together in double-boiler. Beat 2 egg whites until stiff, not dry, & fold into cheese mixture. Dip bread cubes into mixture; place on cookie sheet; refrigerate overnight. Bake at 375° for 13 to 15 minutes. *This makes a marvelous, puffy cheese cube to serve with soups or salads!*

Esther Foster

ALMOND SURPRISE

Rich, delicious & one of my favorites!

1 pkg dry yeast	1 tsp salt
1/4 cup warm water	3 egg yolks
1/3 cup butter	2 cups flour (or more)
1/3 cup milk, scalded	Orange marmalade
2 tsp sugar	Maraschino cherries

Mrs Sophia Jaeger

Dissolve yeast in warm water. Combine butter, milk, sugar, salt & beaten egg yolks. Add yeast mixture & flour to make a stiff dough. Turn into a buttered bowl & let rise until doubled in bulk. Punch down & spread in well-greased jelly-roll pan. Spread a thin layer of marmalade over dough & let rise again. Bake at 350° for 20 minutes; remove from oven & top with almond cream. Decorate with cherries. Return to the oven for 10 - 15 minutes more baking. Almond Cream: Cream 1/4 cup butter, add 1 cup powdered sugar, 1 Tbs milk or cream, 1/2 tsp each vanilla & almond extract & 1 cup chopped or powdered almonds.

CARROT BREAD

1 cup sugar	1 tsp baking soda
3/4 cup Wesson oil	1 tsp cinnamon
1 1/2 cups flour	1/2 tsp salt
1 tsp baking powder	2 eggs, separated

Another of Chris Sloper's delectable goodies. Howard Young from Seattle asked for this recipe and after serving it received 15 requests for the formula.

Chris Sloper

Combine sugar & oil with beaten yolks, adding sifted dry ingredients & mixing well. Fold in stiffly beaten egg whites & lastly add 1 cup grated carrots. Bake in a greased loaf pan at 325° for 50 minutes, or until bread tests done.

TEATIME COCONUT BREAD

This is a perfect accompaniment for either fruit or chicken salad.

5 cups flour
2 cups sugar
1 Tbs baking powder
1/4 tsp ground cloves
1/2 tsp cinnamon
1 tsp salt
3 cups fine coconut flakes
2 cups milk
1/3 cup melted butter

Mrs Val O. Sloper

Sift dry ingredients into a large bowl, add coconut & combine with milk. Stir in the melted butter. Bake in three medium size loaf pans that have been buttered & dusted with flour for 50 minutes at 350°. It is ready to come out of the oven when it pulls away from the sides of the pan & is golden brown & crusty on top.

HINT FROM CHRIS: Here's a delicious & different SWEET SPREAD for sweet rolls, cinnamon rolls, or sweet breads such as banana, nut, date, coconut, etc. It was given to me many years ago by Marian Lowry Fischer. Cream 1/2 lb unsalted sweet butter with 1 cup sugar. Add the grated peel from 2 oranges, 1/2 doz crushed macaroons, 1/2 cup very finely ground blanched almonds & 1 or 2 oz. cointreau. Mix together & use as desired!

LEMON NUT BREAD

1/2 cup shortening or margarine
1 cup sugar
2 eggs
1 1/2 cups flour
1 tsp baking powder
1/2 cup milk
1/2 cup chopped walnuts
Grated rind of one lemon
Juice of 1 lemon
1/2 cup sugar

This recipe may also be made in two small loaf pans for daintier slices. Margaret Much & Lee Schlesinger submitted very similar recipes.

Lee Schlesinger

Margaret Much

Cream together shortening & sugar, then add eggs one at a time, beating well after each addition. Stir in dry ingredients alternately with milk. Fold in lemon rind & nuts. Bake in buttered loaf pan for 45 minutes at 350°. Glaze immediately after baking with juice of 1 lemon combined with the 1/2 cup sugar, spooning directly onto the hot bread.

OVEN TEMPERATURES

Slow	250° to 325°
Moderate	350° to 375°
Moderate Hot	400°
Hot	425° to 450°
Very Hot	475° to 500°

Check recipe for minimum baking time, then continue baking until of desired brownness. Unless otherwise specified, use one rack only & bake near center of oven. Pans should not touch each other or sides of oven.

CHRISTMAS BREAD

1/3 cup lukewarm water	1/2 tsp fresh
1 pkg dry yeast	lemon peel, grated
1 cup scalded milk	2 Tbs margarine
1/2 cup sugar	3 1/2 to 4 cups flour
1/2 tsp salt	1/2 cup chopped citron
1/2 tsp powdered cardamon	1/2 cup light raisins

Soften yeast in water. Combine milk, sugar, salt, cardamon, grated peel & margarine; add yeast mixture. Work in the flour, citron & raisins. Turn into buttered bowl & let rise in warm place until doubled in bulk. Knead until smooth, shape into loaves & let rise once more. I use small loaf pans to make gifts or double the recipe & get 3 medium loaves. Bake for 20 to 30 minutes at 350°. Very good toasted & freezes well!

ZUCCHINI FRUIT BREAD

2 cups sugar	1 tsp salt
1 cup oil	3 tsp cinnamon
3 eggs	1 1/2 tsp baking powder
2 cups zucchini,	3 cups flour
peeled & grated	1 cup chopped nuts
3 tsp vanilla	1 cup raisins or currants

Beat eggs until light & foamy. Add oil, sugar, zucchini & vanilla. Mix lightly but well. Add dry ingredients, sifted together. Add nuts & fruit. Pour into 2 buttered & floured loaf pans & bake at 325° for 1 hour.

I make about 2 dozen loaves of this every year for Christmas gifts & we use several! We have it for breakfast every Christmas.

Nana Rae Cleveland

Sometimes I substitute 1 carton of fruit mix for the raisins. And for a giftier look, this recipe can be baked in smaller pans or cans--just test for doneness earlier!

Mrs John Eiler

PUMPKIN BREAD (Number 1)

4 cups sugar	2 tsp cinnamon
4 cups pumpkin	1 tsp cloves
(#2 1/2 lb can)	1/2 tsp salt
1 cup oil	4 tsp soda
5 cups flour	2 cups nuts

This delicious recipe was submitted by both Phyllis Rand & Pat Straub. A suggested variation was to add 1 cup of raisins at the last step.

*Mrs Dewey Rand
Pat Straub*

Combine all ingredients and mix well. Grease & flour 3 bread pans and divide mixture evenly between them. Bake at 350° for 1 hour. Cool on racks, upside down.

PUMPKIN BREAD (Number 2)

4 1/2 cups sugar	1 tsp ginger
1 1/2 cups oil	2 1/4 tsp salt
6 eggs	2 1/4 tsp cinnamon
4 cups pumpkin	1 tsp cloves
(#2 1/2 lb can)	3 tsp baking soda
5 1/2 cups flour	1 1/2 cup chopped nuts
2 1/4 tsp nutmeg	1 1/2 cups raisins or dates

This was served to us in Los Angeles as an hors d'oeuvre with cherry cream cheese. We liked it so well we took the leftovers home for breakfast! It is very much like Boston Brown Bread, only better. And it freezes well, too.

Rose Hopkins

Mix together first four ingredients in the order given, using your largest bowl. Sift together dry ingredients & add to first mixture. Then stir in nuts & fruit. Bake in five well-greased 1# coffee cans, filling to middle or slightly above, for 1 1/2 hrs at 350°.

HUNGARIAN BREAD

4 pkgs dry yeast
1 tsp salt
1/2 cup sugar
1 cup scalded milk
3 eggs
1 tsp vanilla
1/2 tsp grated lemon rind
4 - 5 cups flour
1/2 cup soft butter

A little lady from Hungary offered to share this recipe with me--it is supposed to have originated with Hungarian Royalty. At any rate, it is the best I've ever tasted, & unfortunately I have lost her name to thank her!

Mar Val D. Szyper

Scald milk. Let cool to lukewarm temperature, then add yeast. Mix in remaining ingredients & turn into a buttered bowl. Let rise until doubled in bulk. Beat down & roll out on a floured board; spread with following filling; roll up & place on a baking sheet. Top with a combination of 1 egg white, 1 tsp water, 1 tsp cinnamon & 1/4 cup sugar. Bake at 350° for about 45 minutes.

Filling: While bread rises, prepare & refrigerate the filling. Cream 1/3 cup butter; add 1/3 cup sugar, 2 eggs, 1 tsp grated orange rind, 1 tsp vanilla & 1 cup ground walnuts. Mix thoroughly.

GERMAN BUTTERHORNS

4 cups sifted flour
1 yeast cake, crumbled
1 tsp salt
1 1/4 cups margarine
4 egg yolks, beaten
1 cup sour cream (not commercial)
1 Tbs vanilla

*A recipe that I brought from the mid-west
years and years ago. A perfect party roll--
excellent for tea time.*

Judy Marrow

Sift flour & salt; cut in yeast & shortening; blend in egg yolks, sour cream & vanilla. Divide dough in 6ths & shape into balls. Chill 1 hour. Sprinkle board with powdered sugar. Roll each ball into a 12" circle, spread with following filling, cut into 8 to 10 wedges & roll up from wide end. Place on ungreased cookie sheet. Let stand for 15 - 20 min. Bake at 375° for 15 minutes.

FILLING

4 egg whites
1 cup sugar
1 cup chopped nuts
1 Tbs vanilla

Beat egg whites until stiff, adding sugar gradually. Fold in vanilla & nuts.

EGG BAGELS

8 cups flour	2 fresh cakes yeast
1 rounded Tbs salt	1/2 cup warm water
2 Tbs sugar	6 large eggs
3/8 cup shortening	1 cup warm water

This recipe was given to me by my grandmother & I'm sure she got it from her mother. As a child, I can remember her letting me stand on a chair to help her mix the dough with my hand!

Mrs Chas. Zewel

Mix flour, salt, sugar & shortening with hands until well-blended. Dissolve yeast in warm water; beat eggs. Make a well in center of flour; add yeast & eggs. Start mixing with your hand, adding as needed 1 cup warm water with a few drops of yellow food coloring added. When all flour has been mixed, turn dough onto floured board & knead into a smooth ball. Place in greased bowl; brush top with oil; cover with tea towel & let rise until double in bulk (about 1 1/2 hours in glass bowl, 1 hour in metal).

Preheat oven to 400°: Knead again on lightly floured board until smooth & elastic. Pinch off pieces of dough & roll with palms on lightly floured board to form ropes about 6" long & 3/4" wide. Overlap ends 3/4" & pinch together firmly to make doughnut shape. Drop bagels into 2 qts boiling water one at a time. As they come to surface, turn them over, boil 1 minute & drain on tea towel. Place on greased cookie sheet & bake until crust is golden brown (20 to 25 minutes). Makes about 30.

HINT: Bagels may be eaten with butter, or with lox (smoked salmon) & cream cheese. This recipe is a favorite of our cookbook artist, Marilyn Higginson, who says she has thrown away all other bagel directions since Mrs. Zewel kindly showed her how to make these!

BARM BRACK

1/2 cup milk, scalded
1/2 cup sugar
1 1/2 tsp salt
1/4 cup butter
3/4 cups warm water
3 pkgs dry yeast
2 eggs beaten
4 1/2 cups flour
1 tsp grated lemon peel
1 1/2 cups golden raisins
1/3 cups chopped mixed candied fruits

This is a delicately sweet loaf flecked with golden raisins & fruit. The story goes that this bread was created when Ireland's potato supply was short. It was so named because barm (yeast formed in brewing) was used as leavening.

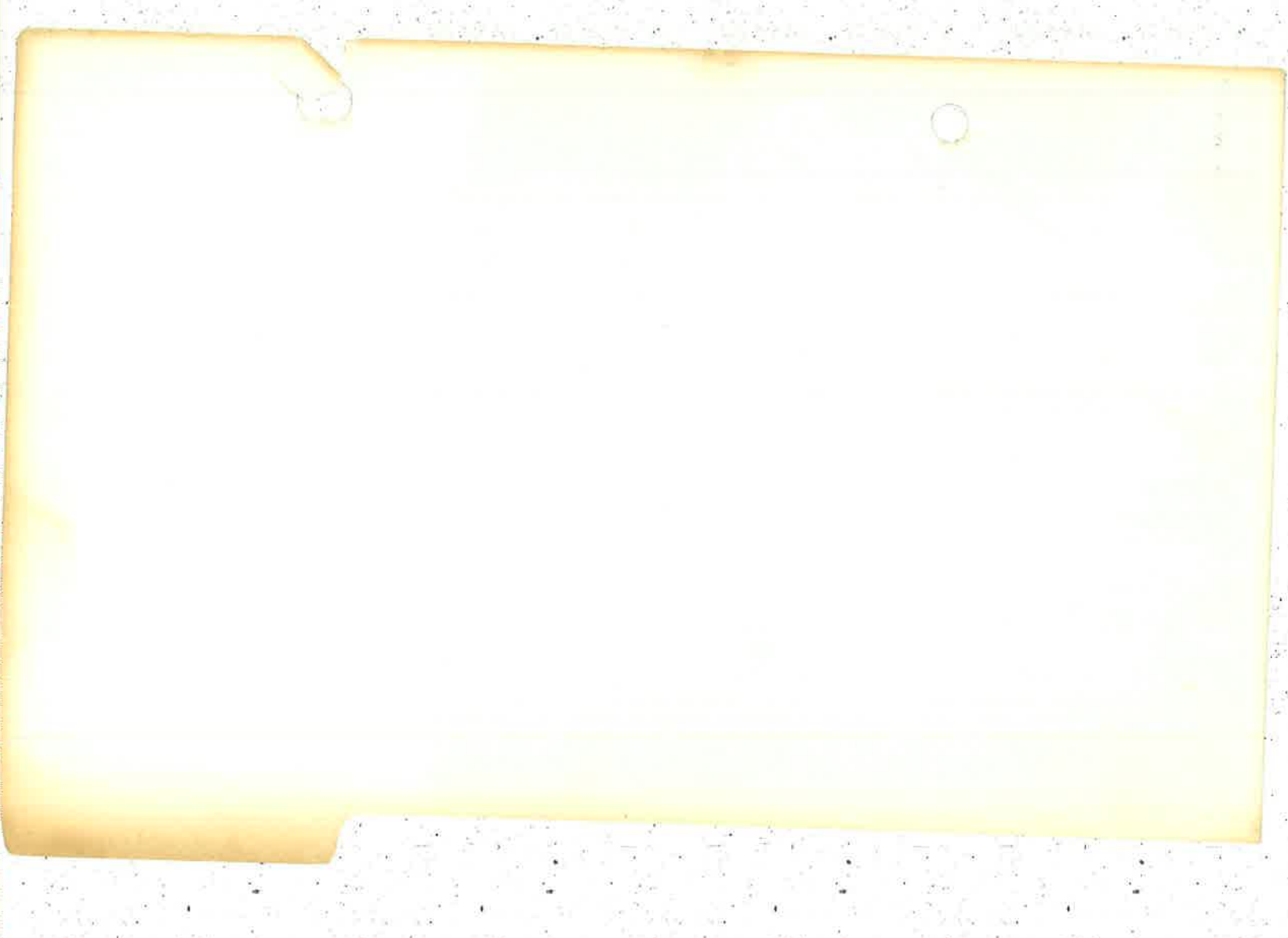
Bernie Piatt

Scald milk, stir in sugar, salt & butter; cool to lukewarm. Measure warm water into a large warm mixing bowl; sprinkle yeast in & stir til dissolved. Stir in milk mixture, add beaten eggs & 3 cups flour. Beat 2 min. on medium speed of your mixer or 300 strokes by hand. Stir in lemon peel & enough additional flour to make a soft dough. Turn out on floured board. Knead til smooth & elastic. (Hang in there. It may take 10 min., but it beats ceramics for working off frustrations, and it will be a better product if you really work it over & slap it around!) Place in a lightly greased bowl & let rise in a warm place til doubled in bulk, about 40 min. Punch down & knead in raisins & chopped fruits which have been dusted with flour. Divide dough in half & shape into two loaves. Place in two greased 9 x 5" pans, cover & let rise again til double in bulk. (About 50 minutes) Bake at 375° for 30-35 minutes or until done.



*What one relishes,
nourishes
—Benj. Franklin*

SALADS



EUROPEAN STYLE SALAD

Cooked green beans, cauliflower &
carrots
3 medium dill pickles, diced
6 green onions, sliced
8 oz diet dressing

Add dressing to vegetables while hot & marinate several hours. Chicken, ham, or veal may also be added. Diet Dressing: Mix 1/2 cup each chili sauce & vinegar, add 2 tsp salad oil, 2 tsp salt, 1 tsp paprika, 1/4 tsp pepper, 2 cloves garlic (cut in half) & 1 tsp sucaryl (or 1/3 cup sugar). Refrigerate. Shake well & remove garlic before serving. 1 cup = 200 calories.

BROCCOLI CAULIFLOWER SALAD

1 large head cauliflower, chopped fine
1 large bunch broccoli, chopped fine
1 large onion, chopped fine
1 cup salad dressing
1 Tbs each sugar & vinegar
Salt to taste

Combine vegetables; mix salad dressing, sugar & salt; stir in. Chill for 1 hour or longer. It may be served in tomato cups, garnished with eggs & pimiento.

Sliced green olives, red or green pepper, black olives, etc., may be added to this flexible salad at the dieter's discretion. But I find that, as is, it's a wonderful treat to find in the refrigerator!

Jan Skopel

This is Wes Weissert's favorite for summertime entertaining when you can get the vegetables fresh from the fields! Carol clipped it from a hometown Fort Scott, Kansas newspaper cookbook. She says 95% of the recipes published in this farm community are yummy!

Wes Weissert

WESTERN STYLE SALAD

1 to 2 garlic buds & 1/4 cup Wesson oil
1 large head lettuce
2 chopped tomatoes
Green onions, green peppers,
grated carrots & avocado
1 wedge crumbled Bleu cheese
1 raw egg (optional)
2 cups toasted croutons & 1 cup Parmesan cheese

Early in day, soak garlic bud in oil. Make a dressing of 6 Tbs oil, 1 tsp Worcestershire sauce, 3 1/2 Tbs lemon juice, salt & pepper. Combine lettuce, tomatoes, onions, peppers, carrots & avocado. Sprinkle garlic & Wesson oil mixture over toasted croutons & add just before serving. Toss with dressing; then sprinkle Parmesan cheese over all. (If raw egg is used, add cheese, then egg, then dressing & toss.)

To make croutons: Cut bread slices in cubes & toast until dry. Toss cubes with melted butter seasoned with onion salt, basil & marjoram.

MIDGE'S FRENCH-FRIED CROUTONS: Cut any favorite or stale bread into 1" cubes with crust removed. Deep fry at 360° until golden brown. Drain on paper towels & dust generously with savory salt & a dash of garlic salt. These keep several weeks in an airtight container.

This recipe, used & served frequently at the Governor's Mansion in Wyoming, is especially good & typical of the West!

*Bobby
Hathaway*

Midge Brown

WILTED LETTUCE SALAD

2 bunches leaf lettuce (fresh from the garden if possible)
4 green onions, chopped
Salt, coarse-ground pepper & 2 Tbs sugar
6 to 8 slices bacon, chopped
1/4 cup cider vinegar & 2 Tbs water
Wash, drain & tear greens. Sprinkle with onions, a generous amount of salt, pepper & sugar. Fry bacon until crisp; drain on paper towels; add to greens. Leave only about 1/4 cup bacon grease in skillet; add vinegar & water; heat & pour over lettuce just before serving, tossing until wilted.

SPINACH SALAD

2 bunches fresh spinach (clean & dry)
1 lb bacon (diced & sauteed)
2 hard-cooked eggs (chopped)
Dressing: 2/3 cup salad oil
1/4 cup wine vinegar & 2 Tbs white wine
2 tsp soy sauce
1 tsp each sugar & dry mustard
1/4 to 1 tsp curry powder
1/2 tsp garlic salt & 1 tsp fresh ground pepper

Mix dressing ingredients together; chill a few hours. Pour over spinach; toss & toss!

Barbara's wilted lettuce is the result of years of trial & error. Made just a bit different from the usual, it always tastes absolutely superb!

Barbara Ginsberg

This salad is served at a very elegant restaurant in Beverly Hills where President Nixon always dines. We're pleased that Middy is sharing it with us.

Mrs. Fred C. MacDonald

SPINACH & BACON SALAD

2 lbs fresh spinach
2 heads red leaf lettuce
1/2 lb bacon, fried crisp & crumbled
Dressing: 1 cup salad oil & 1/2 cup sugar
 1/3 cup cider vinegar
 1 tsp each salt & dry mustard
 1 Tbs each onion juice & poppy seed
1 cup large curd cottage cheese

Jody says she got this neat new recipe from a cute new neighbor in Spokane. He had just moved there from Seattle!

Jody Schnell

Wash & drain greens; add bacon. Shake dressing ingredients, adding poppy seeds last. Toss half of dressing with greens. Add cottage cheese to remaining half; add to greens & toss again.

MUSHROOM ONION SALAD: Use 1 lb button mushrooms fresh or canned. If fresh, simmer in 1/2 cup water for 2 minutes & drain. Combine mushrooms with 1 white sweet onion, thinly sliced. Marinate for 3 hours or overnight in a mixture of 1/2 cup wine vinegar, 1 minced garlic clove, 1 Tbs lemon juice, 1 cup oil, 1 tsp salt & 1/2 tsp black pepper. Tear greens; top with mushrooms, onions & dressing & serve in salad bowls. I suggest lettuce, endive, spinach, watercress or a combination of two or more greens for an interesting variety. The marinated mushrooms make a delightful combination & topping for the greens & no other dressing is necessary!

Lois Presley

CHICKEN SALAD HAWAIIAN (serves 8)

- 4 cups chicken (white meat)
- 1 1/2 to 2 cups mayonnaise (or more, depending on desired consistency)
- 1 Tbs each curry powder & soy sauce
- 2 Tbs lemon juice or to taste
- 1 cup finely diced celery
- 1 cup toasted slivered almonds
- 1 lb seedless grapes (halved)
- 1 or 2 cans mandarin oranges (optional)
- 1 medium can water chestnuts (sliced)
- 1 medium can pineapple chunks (cut in half) or equal amount of fresh pineapple

Mix together mayonnaise, curry, soy sauce & lemon juice. Add to remaining ingredients & add chicken last so as not to break it up. Chill at least 2 hours or overnight.

CALCUTTA CHICKEN SALAD

- 2 cups diced cooked chicken
- 1 cup orange sections
- 1/2 cup diced green pepper
- 1/2 cup sliced celery

1/2 cup Roka Blue Cheese dressing blended with 1 tsp curry powder.
Combine ingredients; toss lightly; serve in lettuce lined bowl; pass extra dressing.

This favorite luncheon entree can be served on leaf lettuce garnished with slices of cantaloupe, papaya or kiwi fruit & lime quarters; or it even may be served in fresh pineapple shells! A little fresh ginger is also a nice addition & the dry roasted almonds work well!

Maxine Needham

*This is a recipe I picked up in Calcutta
--or maybe it was the St. Augustine's
Tasting Luncheon.*

Jody Schnell

BREAD SALAD

- 1 1/3 loaves white bread
- 4 hard-cooked eggs, chopped
- 1 cup each celery & onion, chopped fine
- 1 cup mayonnaise
- 2 cups shrimp & 1 cup crab

Cut crusts from bread (Northridge is best) & cut into small cubes. Toss with eggs, celery & onion. Put in plastic bag & store overnight in refrigerator. About an hour before serving, add mayonnaise, crab & shrimp. Toss & return to refrigerator. Serve in lettuce cups accompanied by sliced tomatoes & sweet pickles. Serves 12 & is very rich.

HINT: A variation of this from Jane Strickland calls for 1 large loaf of sandwich bread. Cut off crusts, spread each slice with butter & cut into 50 cubes. Add 1 grated onion & 4 chopped hard-cooked eggs; mix & refrigerate overnight. The next morning, add 2 cans shrimp & 2 cans crab, 1 cup celery (chopped fine) & 2 cups mayonnaise. Let this stand in refrigerator at least 4 hours before serving--& mound on lettuce!

SHRIMP SALAD SUPREME: Marinate 1 lb cooked shrimp (if large, slice lengthwise; if small, leave whole) in oil & vinegar dressing in refrigerator for 2 to 3 hours. Leave shrimp in marinade; add 2 cups of white grapes, sliced lengthwise; 1 cup of finely-diced celery; 2 Tbs of Durkee's or Shedd's dressing; plus enough mayonnaise to hold together. Serve on a bed of lettuce. Use any fresh fruit as an accompaniment plus Hot Blueberry Muffins or Hot Rolls. This makes an excellent dish for luncheon.

Canned shrimp & crab may be used, but, of course, fresh is best. This is really delicious & the bread blends in so well, it is difficult to identify!

Jane W Strickland

Robert Dougherty

AVOCADO STUFFED WITH PIMIENTO

1 can (7-oz) pimientos, drained
1/2 large Bermuda onion, chopped fine
1/2 cup olive oil & 1/4 cup wine vinegar
1 tsp salt & 1/4 tsp fresh-ground pepper
2 Tbs lemon juice
3 medium-sized ripe avocados, unpeeled

Pat pimientos dry; chop fine & combine with onion. Mix olive oil, vinegar, salt, pepper & lemon juice in screwtop jar; shake well. Marinate pimiento mixture in this about 1/2 hour; drain. Cut avocados in half; remove seed; place each half on crisp flat lettuce leaf. Spoon pimiento mixture evenly into halves. To eat, scoop the avocado pulp toward center with a fork & mix with pimiento stuffing. Makes 6 servings.

MOLDED AVOCADO SALAD

1 pkg lemon gelatin
2 Tbs lemon juice
1 Tbs prepared horseradish
1 Tbs grated onion & 1/4 tsp celery salt
5 or 6 shakes Worcestershire sauce

2 peeled & diced avocados or 1 avocado plus diced cucumber & green pepper
Dissolve gelatin in 1 3/4 cups boiling water; add lemon juice & seasonings & chill until partially set. Beat until fluffy & add avocados or avocado, diced cucumber & green pepper. Place in an oiled mold & chill until set.

This is a favorite summertime picnic salad. I mix the pimiento stuffing at home & do the rest at the picnic--it makes a great carry-along!

Jane Strickland

This favorite was given to me by a neighbor in Montana. She often used lime jello instead of lemon--omitted the peppers & cucumbers--garnished with grapefruit, orange & pineapple sections instead.

Claudia Aldrich

SUMMERTIME POTATO SALAD

This is a light potato salad with a fresh flavor that is one of our favorites!

4 to 6 cups cold diced potatoes
2 medium-sized cucumbers, diced
1 bunch sliced radishes (unpeeled)
4 to 6 hard-boiled eggs
1 medium diced onion (or 1 lg bunch green onions)
Chopped celery, parsley, green or red pepper, to taste
1/2 to 3/4 cup mayonnaise (or use less & thin with yogurt or sour cream)
Vinegar to taste (2 Tbs suggested)

Prepare cucumbers; salt & toss with vinegar; set in refrigerator to marinate for 1/2 hour. Slice radishes; sprinkle lightly with salt & refrigerate. Chop eggs, reserving 1 or 2 for garnish. Salt & pepper potatoes; sprinkle with vinegar & toss. Drain cucumbers & radishes; add these to all other ingredients; toss & adjust seasonings with salt & pepper. Garnish with sliced eggs & parsley or heap in lettuce leaves.

SOUR POTATO SLAW: Mix 4 cups boiled diced potatoes with 3 cups sliced cabbage & 1 tsp salt, stirring well. Combine & shake vigorously 1/2 cup salad oil, 1/4 cup vinegar, 3 1/2 tsp garlic salt (or to your taste), 1 tsp each black pepper & sugar & 2 Tbs water. When meal is ready, pour dressing over potatoes & serve! *This is another favorite of ours from Fort Scott, Kansas. However, we substitute some garlic powder for part of the garlic salt, which sometimes imparts too salty a flavor!*

Carol Weissert

APRICOT SALAD

This salad is somewhat run but the flavor is delicious & it makes an attractive buffet offering!

2 (3-oz) pkgs orange gelatin

10 marshmallows, chopped

1/2 cup undrained crushed pineapple

1 cup apricot nectar

1/2 cup chopped apricots

1/2 cup sugar & 3 Tbs flour

1 slightly beaten egg & 2 Tbs butter

1/2 cup heavy cream, whipped

Cheddar cheese, grated

Jo Laines

Dissolve gelatin in 2 cups boiling water; add marshmallows & stir until dissolved. Cool. Drain pineapple in measuring cup; add water to total of 1/2 cup; reserve. Stir apricot nectar, apricots & pineapple into marshmallow mixture; pour into 2 qt mold or 13x9 pan. Chill until firm. Meanwhile, in saucepan, combine sugar, flour, egg, reserved pineapple liquid & remaining apricot juice. Cook over low heat, stirring constantly until thickened. Remove, stir in butter & cool. Fold in whipped cream & spread on molded salad. Sprinkle with cheese & chill until serving. Cut in squares.

ORANGE JELLO SALAD: Drain 1 can of mandarin oranges into measuring cup & add enough water to make 1 1/2 cups. Heat & add to 2 pkgs orange jello, stirring until dissolved. Add 1 pt orange sherbet & stir until melted. Put in refrigerator until "egg white" thick; then add the drained oranges plus 1 additional can of drained oranges & 1 can of undrained crushed pineapple (13-oz). Place in 2 qt mold. Garnish with oranges & strawberries in season. *The orange sherbet makes this salad "special." I enjoy serving it as a side dish for company dinners!*

Penny Jones

LEMON DELIGHT

- 1 (#2) can crushed pineapple
- 1 pkg lemon jello
- 2 (3-oz) pkgs cream cheese (softened)
- 1 1/2 pts whipping cream (whipped)
- 1/2 cup chopped walnuts (optional)

Drain pineapple well into measuring cup. Add enough water to make 2 cups; bring to a boil; remove & stir in jello to dissolve. Refrigerate until slightly set. Mix crushed pineapple & cream cheese with a fork; add to jello mixture. Fold in whipped cream & walnuts & refrigerate for 24 hours.

This has become one of my very favorites because it is absolutely great as either a salad or dessert--both adults AND children seem to like it!

Sallie Sue Barber

SEVEN-UP SALAD

- 2 pkgs lemon jello
- 2 cups each boiling water & 7-Up
- 1 medium can crushed pineapple (drained)
- 1 cup miniature marshmallows & 2 sliced bananas

Dissolve jello in boiling water; add 7-Up; cool until partially set. Add pineapple, marshmallows & bananas. Pour into 9 x 9" pan or mold & refrigerate. For topping: Heat 1/2 cup sugar, 2 Tbs flour, 1 beaten egg & 2 cups pineapple juice until thick, stirring constantly. Remove; add 2 Tbs butter & cool. Fold into 1/2 pt whipped whipping cream & spread on top of salad.

This is a longtime family favorite!

Shirley M. Price

HOLIDAY SALAD (Serves 10 to 12)

Here's another pretty as well as delicious salad. You can place either Christmas or Thanksgiving decorations in the center of the ring mold when serving!

1 pkg strawberry jello & 1 cup hot water
1 can whole cranberry sauce
1 1/2 cups crushed pineapple
1 pkg lemon jello & 1 1/4 cup boiling water
2 cups miniature marshmallows
1 (3-oz) pkg cream cheese, softened
1/2 cup mayonnaise
1/2 cup whipping cream (whipped)

Kerta Gauderdale

First layer: Dissolve strawberry jello in hot water; add cranberry sauce & dash of salt. Pour into 6 1/2-cup ring mold & chill until firm. Second layer: Drain pineapple, reserving syrup. Dissolve lemon jello in boiling water; add marshmallows & stir until NEARLY melted; then add reserved syrup. Chill until partially set. Blend cream cheese, mayonnaise & dash of salt & add to marshmallow mixture. Add pineapple. Fold in whipped cream & pour over first layer. Chill until firm.

CRANBERRY SALAD: Combine 2 cups (1 lb) ground cranberries with 1 cup sugar; let stand for 2 hours. Whip 1 pt whipping cream; add 3/4 lb marshmallows (cut in small pieces); let stand 2 hours. Combine these 2 mixtures together & add 1 cup drained crushed pineapple. Pour into a loaf pan or mold & let stand in refrigerator overnight. *This was given to me by a friend when I lived in Nebraska. I usually serve it at Thanksgiving & Christmas!*

Anna Lee Medsker

HOT CURRIED FRUIT

- 1 can each mandarin oranges, sliced
pears, apricot halves & pineapple
chunks
- 1 (4-oz) bottle maraschino cherries
- 2 Tbs dark brown sugar & 4 Tbs butter
- 1 tsp curry powder & 2 tsp cornstarch
- 1/2 tsp lemon peel

Drain fruit & place in casserole. Blend remaining ingredients & sprinkle over top. Let mixture stand for several hours to draw out juices. Bake uncovered at 325° for 1 hour, basting occasionally. *Note: For 15, double recipe using 4 other kinds of fruit--such as peaches, figs & grapes. You can also poke in bananas just before serving.*

HOT FRUIT SALAD

- 1 (#2 1/2) can each sliced peaches,
pears, pineapple chunks & apricots
- 1 bottle maraschino cherries
- 1 doz almond macaroons, crumbled
- 1/2 cup sherry
- 1/2 stick butter
- 1/2 cup brown sugar

Drain fruit & layer in large shallow greased casserole dish with macaroon crumbs. Top with toasted almonds. Cook the sherry, butter & brown sugar together; pour over fruit; cover & bake at 350° for 20 minutes. Remove cover & brown another 10 minutes.

I find that this recipe, from a friend, makes an excellent accompaniment for any pork dish! You can vary the fruit used to your taste--peaches are good also--but all fruit should be canned.

Sue Chase

Here's another unusual hot fruit combination!

Cathie Egger

BASIC SALAD DRESSING

1/2 cup buttery-flavored Wesson oil
4 Tbs white vinegar
2 cloves fresh garlic
1 heaping tsp prepared mustard
1/2 tsp salt & 1/8 tsp pepper
4 Tbs cold water
1/2 cup mayonnaise

A simple blend of ingredients that is a great salad dressing base. You can doctor it up with anchovies, hard-boiled egg, etc., to suit your taste!

Chris Slater

Mix all ingredients in blender; store in refrigerator; serve over favorite greens.

FAMOUS ORIENTAL SESAME SEED DRESSING

1/2 cup butter-flavored Wesson oil
1/4 cup lemon juice
1/4 cup Japanese rice vinegar
1/2 tsp garlic salt & 2 Tbs sugar
2 Tbs toasted sesame seeds (sauteed in frying pan)

Serve this with Polynesian dinners. You can buy the rice vinegar in most stores!

Chris Slater

Blend & refrigerate ingredients. Serve on butter lettuce or any kind of salad greens.

HINT FROM CHRIS: Nothing is as great for salads (and for cooking in general) as fresh ground salt. Any coarse salt may be ground in either a salt or pepper-grinder. Ice cream salt, Kosher salt & Hawaiian salt are a few of the varieties available.

PREFERRED DRESSING

Part 1: 1 egg yolk
1 Tbs anchovy paste
1 Tbs tarragon vinegar
1/2 tsp salt
3/4 cup salad oil

Part 2: 1/4 cup sour cream 2 Tbs chopped parsley
2 Tbs lemon juice 1 tsp onion salt
2 Tbs onions or chives 1 clove crushed garlic

Beat egg until light; beat in vinegar, paste & salt. Continue to beat while adding oil slowly. Mix remaining ingredients together & add to first mixture. Refrigerate.

FIVE STAR DRESSING

1/2 cup salad oil	
1/2 cup mayonnaise	1 Tbs catsup
3 oz Roquefort cheese	2 Tbs sugar
1 Tbs basil	1 egg yolk
1 Tbs wine vinegar	1 small onion, chopped
1 Tbs lemon juice	1 clove garlic (or more)
1 Tbs prepared mustard	1 tsp <u>each</u> paprika & salt

Another favorite, although I don't measure the ingredients exactly. You might like to taste for lemon & vinegar. I use imported Roquefort & since we are lovers of garlic, I usually add more.

Rosemarie

Place all ingredients in blender; blend & store in refrigerator in covered jar.

GREEN GODDESS DRESSING

1 cup mayonnaise
1/3 cup sour cream
1 clove garlic
1/2 tsp each salt & dry mustard
1 tsp Worcestershire
2 Tbs anchovy paste
2 Tbs tarragon vinegar
3 Tbs fresh chopped chives
1/3 cup minced parsley
Fresh ground black pepper

Put all ingredients in blender & mix thoroughly. Chill. Good with any seafood or vegetable salads.

MEDA'S SALAD DRESSING

1 Tbs horseradish sauce
1 tsp Hickory Farms home-made mustard
1 Tbs sugar (or to taste)
1/2 cup white vinegar

Blend ingredients & serve with Napa lettuce & sliced white onions.

For a Seafood Salad Supreme, Joy likes to line a large Abalone shell with romaine. Then she adds lettuce, endive, romaine, watercress (or any combination of greens, broken into pieces) plus fresh crab, lobster, shrimp & large prawns! She garnishes the salad with tomato wedges, egg slices, asparagus spears & Green Goddess Dressing. You'll never taste better!

Joy Eoff

This is a favorite at Meda's Seal Rock home!

Meda C. Brown

BLEU CHEESE DRESSING (1 qt)

- 2 to 7-oz Bleu cheese (fresh)
- 1 tsp garlic salt
- 1 tsp hot horseradish, cream style
- 2 Tbs Worcestershire
- 1/4 cup "Old Homestead" french dressing
- 2/3 cup Best Foods mayonnaise
- 2/3 cup buttermilk

Let cheese stand at room temperature to soften. Add garlic salt, horseradish, Worcestershire & french dressing; beat with an electric mixer until there are no lumps. Fold in mayonnaise & buttermilk.

POPPY SEED DRESSING (3 1/2 cups)

- 1 1/2 cup sugar
- 2 tsp each dry mustard & salt
- 2/3 cup vinegar
- 2 Tbs onion juice (1 scrape fresh onion)
- 2 cups salad oil
- 3 Tbs poppy seed

Mix sugar, mustard, salt, vinegar & onion juice. Add oil slowly, beating constantly until thick. Add poppy seeds & beat an additional few minutes. Chill.

In this dressing it is important to use only fresh cheese, cut from a wheel. Do not use the packaged variety!

Kathy Crockatt

For a delicious & unusual salad, combine a variety of greens with thinly-sliced onion rings, diced avocado & orange & grapefruit segments--topped with this dressing!

Meda C. Brown

ORANGE & AVOCADO SALAD DRESSING

1/4 cup vinegar (cider or herb)
2 tsp grated orange rind
1/2 cup orange juice
Juice of 1 big fat lemon
1/4 cup sugar & 1/2 tsp salt
1/2 to 1 tsp dry mustard
1 cup salad oil
1 clove crushed garlic

3 large oranges, peeled & segmented
2 large avocados, peeled & sliced
2 medium Bermuda onions, cut into rings

Combine dressing ingredients; shake together & pour over oranges, avocados & onions. Refrigerate for at least 2 hours. Makes enough dressing to add to 2 heads of romaine, 1 head leaf & 1 head iceberg lettuce. Salt lettuce thoroughly before adding dressing. Toss to mix thoroughly & coat greens.

WAIOLI GUAVA DRESSING (3 1/4 cups)

1 cup mayonnaise & 1 cup catsup
1/4 cup vinegar & 1/2 cup oil
1 tsp dry mustard & 2 tsp lemon juice
1/2 tsp garlic salt
1/2 cup guava jam

Combine ingredients in blender; blend & chill.

*This is a delicious & different salad!
Grapefruit segments may be used instead of oranges.*

Penny Jones

This recipe, from Hawaii, is marvelous over greens. You can purchase guava jam in gourmet departments, or you may substitute apple jelly.

Marlene Frebe

BOILED SALAD DRESSING: Dissolve 1/2 cup sugar thoroughly with 1 Tbs Coleman mustard. Add 3 eggs, one at a time, beating after each addition. Slowly add 6 Tbs vinegar & 5 Tbs water. Cook in double boiler until thickened, stirring all the while. Remove from fire & add butter the size of a walnut & 1 tsp salt. *This dressing also makes a wonderful ham sauce by adding horseradish to taste & mixing with sour cream or whipped cream.*

Ueva Poorman

PHYLLIS' DRESSING: Combine 1 cup salad oil, 1/2 cup vinegar, 1 Tbs sugar, & 1/2 tsp each paprika & dry mustard. Shake well; toss over combination of broken lettuce, radishes, green onions, quartered tomatoes, chopped celery, carrot curls & cucumbers. Also excellent with avocado & artichoke hearts. *This is my contribution to holiday get-togethers & our favorite tossed salad dressing!*

Phyllis Gilcher

TARRAGON MAYONNAISE: Put 2 egg yolks (or 1 whole egg) in blender; bring to room temperature. Add 1/2 tsp salt, 1/4 tsp pepper, 1/3 tsp dry mustard, 1/2 tsp paprika & 3 Tbs tarragon vinegar; blend for a few seconds. Slowly drizzle in 1 1/2 to 2 cups salad oil while blender is on, 1 to 2 Tbs at a time, until mixture starts to thicken. Add remaining oil more quickly. Don't overbeat. *This is an exceptionally good dip for large cooked shrimp & a tasty change when substituted for ordinary mayonnaise!*

Jan Skapil



*swallowing
your
pride
occasionally
will
never
give you
indigestion*

VEGETABLES



ASPARAGUS & CREAM SAUCE CASSEROLE

2 Tbs margarine & 2 Tbs flour
1 cup milk
1/4 cup grated sharp cheese
1 tsp onion juice
1/2 tsp Worcestershire sauce
1/2 cup chopped celery
Salt & pepper to taste
3 eggs, hard-cooked & chopped
1/2 can pimiento, chopped
1 #2 can green asparagus
Buttered bread crumbs

Make white sauce by melting margarine, adding flour & slowly adding milk, stirring constantly. Cook & stir slowly until it thickens. Add cheese, celery, onion juice, Worcestershire sauce, salt, pepper, eggs & pimiento. Drain asparagus & add to mixture. Pour into casserole & top with buttered bread crumbs. Bake in 350° oven for 15 minutes or until hot & crumbs are browned. Serves 6 to 8.

HINT FROM CHRIS: Remember, everything gourmet is not long & drawn out! Gourmet cooks use lots of shortcuts, too. And sometimes the very simplest foods are the very best!

This is a very good dish for a Buffet Supper because it can be made ahead & reheated when needed. Do not cover. It's one of my favorites & comes from Montana!

Shirley Kay

ASPARAGUS LOAF

4 Tbs melted butter or margarine
1 cup coarsely crumbled saltine crackers
3 eggs, slightly beaten
2 cups hot milk
1/2 tsp salt & dash pepper
2 tsp grated onion
2 pkgs (10 oz) frozen asparagus cuts,
cooked & drained
Dash nutmeg

Line a 9x5x3" loaf pan with aluminum foil & butter well. Saute the crackers in butter or margarine until golden brown. Combine the eggs, milk, salt, pepper, onion & nutmeg. Mix well. Add cooked asparagus & sauteed crackers; pour into pan. Bake at 350° for 30 minutes or until knife comes out clean. Serve with hot chicken gravy, cheese sauce or mushroom sauce with a bit of parsley sprinkled on top.

IRENE'S LIMA CASSEROLE: Break 1 lb sausage into large lumps & brown lightly in large frying pan or Dutch oven. Add 1 large diced onion & cook until clear, stirring to prevent scorching. Add 1 (1 lb) can drained green lima beans & 1 lg can whole tomatoes. Simmer uncovered for about 40 minutes. Serve with a crisp salad & French bread. *This recipe, given to me by Irene Gettmann as part of my wedding present, is a favorite.*

Campbell's Cheddar Cheese soup, mixed with a small amount of milk, makes a delicious sauce for this marvelous tasting asparagus loaf.

Chis Slaper

Ruth Spanier

GREEN BEAN CASSEROLE

2 pkgs frozen green beans (cooked 5 min.)

1 can drained bean sprouts (or fresh)

1 can water chestnuts (sliced)

1 can button mushrooms

1 can cream of mushroom soup

1 cup grated cheddar cheese

1 sm grated onion

1 can French-fried onion rings

My daughter-in-law, Gretchen, served this to us two weeks after she was married--for her first company dinner. I was impressed --& I have used the recipe often since.

Doris Berger

Combine all ingredients except for onion rings in uncovered casserole. Bake 1/2 hour at 350°. Place onion rings over top 5 minutes before finished & return to oven.

GREEK BEANS SUPREME

1 chopped onion & 1/2 cup chopped celery

Butter & olive oil

2 cups frozen julienne green beans

Salt, pepper & nutmeg

1 cup finely cut Chinese cabbage

This supposedly is Aristotle Onassis' favorite vegetable, and we can see why. It is different & delightful. The secret is in the nutmeg--and in barely cooking the cabbage!

Chris Sloper

Saute the onion & celery in the butter & olive oil until limp. Throw in the beans, unfrozen, & stir around with a wooden spoon for about 5 minutes. Season with freshly ground salt, pepper & nutmeg to taste. Stir in the cabbage just until it barely wilts. Break two eggs, if desired, & stir in to hang the mixture together. You may also add a handful of ground almonds if you wish.

BOSTON BAKED BEANS

2 lbs dried navy beans
1 tsp soda
1 tsp salt
2 tsp dry mustard
1 onion
2 tsp cider vinegar
1 cup brown sugar
1 cup molasses
1/2 cup maple syrup
3/4 lb lean salt pork

This was Mother's recipe, served each Saturday night when we were home--with either liver & bacon or steak, salad & dessert! In Boston & Cambridge, one can purchase, on Saturday, hot baked beans & brown bread from most any bakery to take home!

Doris G. Hale

Soak navy beans in large kettle overnight, with water 3 inches over beans to allow for swelling. Rinse & drain the next morning; cover with cold water, adding soda. Bring to a boil; drain beans. Scald salt pork in pan with hot water for 10 minutes. Use large bean pot, two smaller ones or deep casserole dish (but tastes better cooked in bean pot). Cover each layer with small pieces of salt pork until you reach an inch from the top of the pot. Mix seasonings with a little hot water in a small bowl. Pour over beans in pot & cover with hot water. Place more salt pork & uncooked slices of lean bacon over salt pork. Bake all day or all night at 250° (9 or 10 hours), adding more boiling water as you bake, just to cover.

BAKED BEANS

2 lbs red beans (small)
1 tsp soda
1 medium onion
1 cup white sugar
1 Tbs dry mustard
1/2 lb bacon or other cured meat
1/2 bottle catsup
Salt & pepper

Edna says this is her Mother's recipe. It has been used at many holiday & family gatherings for years, & is always a favorite! It was especially requested by a friend of Edna's who thought this was a pretty sneaky way to get it!

Edna Wiscarson

Wash beans & cover well with water. Add soda & boil until water is well-colored. Remove, drain & rinse. Cover again with water, add some salt & cook until tender, adding water if necessary, (do not let them dry!). Cook in a large crock. Place onion chunked in bottom; dice bacon; layer beans with bacon until all is used. Then add sugar, mustard dissolved in water, catsup & seasonings to taste; work seasonings down into the beans. Add water to cover & bake at 300° for 4 to 5 hours or until tender. Don't let them become dry. (Beans should have a slight sweet taste. More sugar may be added.)

HINT FROM CHRIS; The best way to cook frozen peas is not to cook them at all. Just remove as many as you need from a large sack of frozen peas; place them in a strainer with a mint leaf, if desired. Hold them under very hot tap water for a few minutes until thawed. Then place them in a pan set on an asbestos pad (with your burner on simmer) so they will stay warm until serving time without further cooking. Season as desired.

VEGETABLE MEDLEY (Serves 4 to 6)

1 can green beans, drained
4 oz can mushrooms, drained
1 jar artichoke hearts in dressing
1 can water chestnuts, drained,
& thinly sliced
1/2 can Cream of Mushroom soup

*This is one of my favorite dishes to
serve with baked ham!*

Anne Henry

Mix all together; pour into 1 1/2 qt casserole. Drizzle 1/4 cup melted butter or buttered bread crumbs over top. Bake at 350° for 20 minutes.

HINT: For perfect ARTICHOKES, wash & drain each & cut off stems flush with base. Remove small discolored outer leaves; rub cut surfaces with a piece of lemon to prevent discoloring. Cut 1" off top of each straight across; snip another 1/4" from each leaf; tie if you wish. Bring a large amount of water to boil in a stainless steel or enamel pan (aluminum discolors). Add 2 tsp salt & 2 Tbs lemon juice or cider vinegar for each qt of water. Place artichokes, stem side down in water & set a plate on top of them to keep submerged. Bring water back to boil, simmer 25 to 45 minutes, depending on size (when bottoms can be pierced easily with point of knife). Remove; turn upside down to drain if serving hot. Cool in cold water if serving cold. Spread leaves apart gently; pull out small prickly center leaves & remove fuzzy choke with a tsp. Discard it & fill center with sauce of your choice.

BEETS WITH ORANGE

1/2 cup sugar
1 Tbs cornstarch
1/2 tsp salt
1/4 to 1/2 cup vinegar
2 Tbs water
1 orange, grated rind & juice
3 1/2 cups cooked small beets, drained
3 Tbs butter

In saucepan, mix sugar, cornstarch, salt, vinegar & water. Bring to a boil; stir & cook until clear. Stir in orange rind, juice & beets; heat gently. Stir in butter just before serving.

BROCCOLI RING

2 pkg frozen, chopped broccoli
3 eggs, well-beaten
1 cup mayonnaise
1 Tbs melted butter
1/2 pint coffee cream
1 tsp salt

Cook & drain broccoli. Fold mayonnaise, butter, cream & salt into beaten eggs. Fold in broccoli. Pour into well-greased ring mold; sprinkle 1 Tbs flour over top. Set mold in pan of hot water & bake at 350° for 1 hour.

These are not only delicious, they also add color to your menu!

Kerta Lauderdale

Excellent with Roast Beef. This recipe is from my sister-in-law in Wilmington, Illinois.

Mary Hindahl

GOURMET BROCCOLI

- 4 cups cooked broccoli
- or 3 pkgs chopped frozen broccoli
- 1 can Cream of Mushroom soup
- 1/2 cup sour cream
- 1 jar (1-oz) sliced pimiento
- 1 cup sliced celery
- 1/2 cup bread crumbs
- 1/8 tsp pepper & 1 tsp salt
- 1/2 cup grated cheese

If using cooked broccoli, cook just until done. If using frozen, make sure it is well-drained. Combine with remaining ingredients & top with a little grated cheese. Bake for 20 to 25 minutes at 350°.

BROCCOLI CASSEROLE

- 2 cups cooked rice
- 1 small jar Cheese Whiz
- 1 can Cream of Chicken soup
- 1 pkg frozen, chopped broccoli
- 1 can water chestnuts, drained & sliced

Mix together. Top with cracker crumbs & melted butter. Bake at 350° until bubbly.

Many people have requested that this recipe be put in the cookbook. It really is great & easy--& it also can be made up to two days before your party!

Chia Sloper

Here's another really easy broccoli casserole that is excellent!

Ellen Susee

DUTCH SLAW

Cabbage
1 egg
1/4 cup vinegar
1 Tbs sugar
1 tsp salt & dash of pepper
1 Tbs butter

Shred cabbage rather fine. Put in saucepan & sprinkle with salt. Cover pan & place over a low flame. Add butter & steam until very tender. Beat egg; add sugar, salt, pepper & vinegar. Pour over the steamed cabbage. Heat for 5 minutes & serve at once.

SWEET & SOUR CABBAGE

1 lg head red cabbage, chopped coarsely
4 Tbs bacon fat
1 medium onion, chopped coarsely
2 tart apples, cored & sliced
1/2 cup cider vinegar
1/2 cup brown sugar, packed

Heat bacon fat in skillet; slowly saute onion; add cabbage, salt & pepper; cover & steam for 10 minutes. Add apples & 1/4 cup boiling water. Cover & simmer for 1 hour. Add vinegar & sugar & continue to cook for 15 minutes longer. Serve hot.

This recipe, made famous by the early Dutch settlers in Pennsylvania, is one of Mary's favorites, from a Pennsylvania Dutch Cookbook!

Mary Sharp

Big chunks of cabbage work the best for this dish. I always serve it with a pork roast or pork chops. It is one super neat dish without calories!

Pat Miller

CARROTS A L'ORANGE

3 cups sliced carrots
1 (11-oz) can mandarin oranges
1/2 cup orange juice
2 Tbs melted butter
2 Tbs maple syrup
1 tsp grated orange rind

*These are special vegetable dishes that
I enjoy serving on Jewish High Holidays.*

Mrs. Sol Schlesinger

Drain oranges & mix all ingredients together in buttered casserole. Sprinkle pecans on top. Cover & bake at 400° for 30 minutes.

CARROTS & CELERY AVGOLEMONO

2 medium onions, chopped	1/2 cup water
1/4 cup butter	1/2 tsp salt
1 large bunch celery	Pepper
1 lb carrots	3 egg yolks
1 (10 1/2-oz) can chicken broth	3 Tbs lemon juice

Pare & slice carrots. Cut celery diagonally in 2" pieces. Saute onion in butter; add broth, water, salt, pepper, carrots & celery. Bring to a boil. Simmer 1/2 hour or until tender. Combine slightly beaten egg yolks with lemon juice. Stir a little hot broth into egg mixture & then stir back into broth. Stir constantly until thickened. Do not boil.

CARROT SQUARES

2 cups finely grated raw carrots
3 egg yolks
2 Tbs melted butter
1 cup milk
3/4 cup soda cracker crumbs
1/2 tsp salt, 1/4 tsp pepper, 1 tsp sugar
1 Tbs grated onion & 2 Tbs chopped parsley
3 egg whites, beaten stiff

Here's an unusual vegetable dish that always seems to make a hit. You can make it up ahead & reheat to serve.

Chui Slaper

Beat egg yolks; add the carrots, butter, milk, crumbs, salt, pepper, sugar, onion & parsley. Beat the egg whites until stiff & fold into the carrot mixture. Place mixture in a greased 10" square pan. Set this in a larger pan of hot water; bake at 350° 40 min. or until set. Cut in squares to serve.

HINT FROM CHRIS: You can enhance any vegetable with the addition of spices. It makes the most insipid palatable! Basil works wonders with tomatoes, peas, squash, or string beans. Try celery seed in stewed tomatoes. Sesame seed is a first cousin to hashed brown or creamed potatoes--with a sprinkling of smoked salt for a special verve! Paprika not only adds color, but a flavor to blend salads & vegetables. A dash of salt, pepper, paprika, celery salt, onion or garlic salt, plus an herb, is a good rule to follow when seasoning vegetables. Just watch overdoing! To cottage cheese, add caraway seed & to cheese dishes, some cumin seeds.

CARROT-POTATO COMBO

4 large potatoes
6 large carrots
1/2 to 3/4 cup grated cheddar cheese
Milk
Butter

This is a very colorful, two-in-one vegetable dish given to me years ago by an elderly neighbor in Eugene. I added a bit of my own to it.

Marian Lowry Fischer

Steam carrots & potatoes in separate kettles, or boil them gently. While vegetables are cooking, lightly grease a large square or oblong glass baking dish. When vegetables are done, drain immediately. First, mash carrots (leave potatoes in their kettle with lid on) & add a bit of salt, milk & butter; whip to make fluffy as possible. Put lid on this kettle while you mash potatoes with a bit of salt, milk & butter; fluff up potatoes as much as possible. Spread half of mashed potatoes in baking dish; spread over all the mashed carrots; spread out evenly the remaining mashed potatoes for top layer. Sprinkle grated cheese evenly over top. Place in 300° oven only long enough for cheese to melt. Do not brown.

HINT FROM CHRIS: When cooking vegetables to use later, don't peel them first. Boil them in the jackets ahead of time. When tender, scrape the peeling off with a bunch of nylon netting. This works especially well for potatoes & carrots & you retain many of the vitamins as well as more flavor.

ESCALLOPED CORN

This is one of my favorites that is especially good for a buffet!

1 small green pepper
1/2 chopped onion
2 Tbs butter
2 Tbs flour
1 tsp salt & 1/4 tsp paprika
1/2 tsp dry mustard
Few grains cayenne
1/2 cup milk
1 can creamed corn
1 egg yolk
1/2 cup diced bread
2/3 cup cracker crumbs
1 Tbs butter

Edith Bassette

Cook pepper & onion in butter 5 minutes. Add flour mixed with seasonings; gradually pour in milk, stirring constantly, & bring to boil. Add corn, egg yolk, & bread (broken & cooked with 1 Tbs butter until brown). Turn into buttered baking dish, cover with buttered crumbs. Bake at 350° for 20 to 30 minutes or until crumbs are brown.

HINT FROM CHRIS: The easiest & best way to cook fresh corn is to place the husked ears in a pan of cold water to cover; add 1 tsp of sugar (not salt); bring water to a boil, uncovered, & remove from heat. Let the corn sit in the hot water for 10 minutes. The sugar brings out the flavor & the corn will always be tender.

ORIENTAL HOMINY

1 egg & 6 slices bacon
2 green onions
1 large can white hominy
Salt & pepper; dash of soy sauce

Fry egg on both sides until dry. Cut in strips. Fry bacon crisp & crumble. Slice onions fine. Drain hominy & fry in butter until slightly golden edged. Gently toss all ingredients together just before serving.

MOCK CORN SOUFFLE

8 cubed slices of buttered bread
2 cans cream style corn with
seasonings & dry onion flakes
1 1/2 cups milk plus 4 eggs
1 can undiluted Celery soup
Grated cheese

Layer bottom of pan with 4 of the cubed slices of buttered bread. Add the corn with seasonings & onion flakes & season well. Top with remaining bread. Pour the milk beaten with the eggs over all. Let it stand several hours or overnight. One hour before baking, spread on the can of soup. Add grated cheese near the end of the baking period in a 325° oven for approximately 1 hour. Serves 10.

My family is very fond of Chinese food, so I just tried substituting hominy for noodles & it turned out to be one of Vern's favorite dishes.

Margaret Miller

Ann says this makes an exceptionally good buffet dish & she is always asked for the recipe after serving it!

Anne L. McCargar

GRITS

1 cup hominy grits
1 qt milk & 1 cup butter
1 tsp salt & pepper to taste
1 cup Gruyere cheese plus 1/2 cup grated Parmesan cheese

This is a recipe we enjoy making. It's great with leg of lamb & roast beef!

Mary P. Barlow

Bring the milk to a boil & add 1/2 cup butter. Then add grits & boil until all are white. Remove from heat & pour into bowl; beat with electric beater until creamy (about 5 minutes) & season. Pour into pan 13 x 9 x 1/2" & allow to set until cool. Cut into pieces the size of dominoes & place into serving dish, layered like fallen dominoes. Pour remaining 1/2 cup butter, melted, over the top & sprinkle both cheeses over this. Heat in a 325° oven for 30 to 35 minutes.

ITALIAN EGGPLANT CASSEROLE

1 medium eggplant plus 2 chopped onions
2 Tbs butter
2 beaten egg yolks
1/2 cup grated Parmesan cheese
1 tsp salt
1 cup cracker crumbs

This goes with any kind of meat & everyone likes it--only no one knows what it really is!

Mrs. Jack Fitzmaurice

Dice unpeeled eggplant & cook with onions for 20 minutes. Mix with other ingredients. Place in greased casserole. Bake at 350° for 30 minutes. May be frozen.

GOOD SOUFFLE (serves 12)

1 cup grits 3 Tbs flour
3 eggs 1 Tbs dry mustard
3 Tbs butter 3 cups sharp cheddar cheese, grated

I brought this recipe from Kentucky & it is especially good with fried chicken, fish or any other type Southern food!

Mary Love Allen

Cook grits according to directions & cool. Add egg yolks one at a time & beat well. Melt butter with flour; stir in 2 cups grated cheese until melted. Add to grits with mustard, stirring well. Beat egg whites stiff & fold in. Bake uncovered at 350° for 40 to 45 minutes. Sprinkle 1 cup grated cheese over top & return to oven to brown.

MUSHROOM SOUFFLE

3 Tbs butter 1 cup hot milk
1 tsp chopped onion 1 tsp salt
1/2 lb mushrooms, Dash cayenne & nutmeg
 finely chopped 4 egg yolks
3 Tbs flour 5 egg whites

It might be said that mushrooms are Linda's hobby for she not only collects recipes but also has studied their various uses. Here's one of her favorite recipes--an elegant accompaniment to any dinner!

Linda Melgard

Saute onion & mushrooms in 1 Tbs butter until soft but not brown. Melt remaining 2 Tbs butter in a separate pan & blend with flour until golden. Add hot milk & cook sauce, stirring constantly with wire whip for 5 to 10 min., until thick & smooth. Season & add the mushrooms; bring to quick boil. Remove from heat; cool & add 4 egg yolks, lightly beaten. Fold in egg whites, beaten until stiff, not dry. Fill a buttered 6-cup souffle dish about 3/4 full; bake at 375° for 30 to 35 minutes. Serve immediately.

ONION SHORTCAKE

8 - 10 medium onions

3 - 4 Tbs butter

1 cup flour

2 tsp baking powder

1 1/4 tsp salt

1 tsp sugar

2 Tbs butter

1/3 cup rich milk or cream

1/2 cup cream

1/8 tsp salt

Peel & chop onions medium fine. Saute in heavy skillet with butter & salt to taste until clear & tender. Combine flour, baking powder, salt & sugar; cut in 2 T butter; add 1/3 cup milk or cream. Dough will be sticky. Spread thin layer in bottom of 8" glass baking dish, greased. Pour cooked onions over dough. Mix together 1/2 cup cream, salt & beaten egg. Pour over onion layer. Sprinkle top with grating of nutmeg. Bake at 425° for about 20 minutes or until dough is done.

Simply marvelous with Roast Beef & sure to get raves! This can be made several hours ahead, but leave it out of the refrigerator. Pour the sauce over the last minute & bake.

Nancy G. Jensen

HINT FROM CHRIS: The rule of thumb for cooking vegetables is to cover any vegetable grown underground while cooking & leave any vegetable grown above ground uncovered to retain the color. An asbestos pad for your stove element is also a great addition for your kitchen. It will keep any flame below simmer & hold those foods you don't want to scorch or cook away. It even prevents cream soups from burning!

GOURMET PEAS IN SOUR CREAM SAUCE

- 1 10-oz pkg frozen peas
- 1 large cucumber (about 1 1/2 cups)
peeled & thinly sliced
- 2 Tbs water
- 1 tsp tarragon leaves
- 1 tsp salt
- 1/2 cup sour cream
- 1/2 cup salad dressing
- 1 Tbs lemon juice

This is an unusual combination, but really good, that I got from my Mother-in-law, who is probably the best cook I know.

Jody Schnell

Combine peas, cucumbers, water, tarragon leaves & salt in a heavy skillet or saucepan. Cover tightly & cook over low heat until peas are tender, 5 to 8 minutes. Drain. Combine sour cream, salad dressing & lemon juice. Warm over very low heat, stirring constantly. Stir peas & cucumbers into sauce. Serve immediately. Serves 4 to 6.

BACON POTATOES

- 6 medium potatoes
- 1/4 lb bacon
- 1 small can pimiento
- 1 medium onion
- Salt, pepper & warm milk

The Bacon Potatoes are also from my Mother-in-law & a special favorite of the men in my family.

Jody

Grind potatoes, bacon, pimiento & onion in food chopper. Put in casserole. Season & pour warm milk over. Mix well. Bake 1 hour at 350°, stirring occasionally & adding more milk if too dry. Serves 6.

POTATO PANCAKES OR LATKES

3 medium raw potatoes
1 tsp salt
1 1/2 Tbs flour
2 eggs, separated
3 Tbs grated onion
1/2 tsp baking powder

Every country, & often every family, has its own favorite "Latke" method or recipe. This Jewish dish is usually served at least once during the eight days of Chanukah! Latkes are marvelous with applesauce & sour cream as an accompaniment to a roast.

Salem Chapter of Hadassah

Peel potatoes, grate (or put in a blender) & drain or squeeze off liquid. Add onion & egg yolk & mix well. Stir in flour, baking powder & salt. Beat egg whites stiff & fold in. Drop by the spoonful into a very hot pan containing about 1/2" melted shortening. Turn. Keep pancakes thin. Fry until very crisp as this is a raw potato mixture. Drain well on paper towels & serve piping hot.

HINT FROM CHRIS: You can make Potato Nests by beating 1 or 2 egg whites & folding them into shoe-string potatoes! Press them to fit a greased muffin tin or foil cup, making a nest-type shape. Bake at about 325° just lightly--until the egg white turns a golden brown. Watch! You can freeze these little nests ahead & fill them with any vegetable or creamed mixture (such as creamed peas) & they make an exceptional meal accompaniment. Especially nice around a Thanksgiving turkey!

ROQUEFORT POTATOES

- 2 eggs
- 2 cups grated raw potatoes
- 1 tsp salt
- 2 Tbs unbleached flour
- 1 tsp baking powder
- 1/2 tsp grated onion
- 2 Tbs roquefort cheese, crumbled

Grease a 10" iron skillet with 2 Tbs butter. Beat the eggs; add the potatoes & salt; mix together the flour, baking powder & onion & stir in. Pour the mixture into the skillet; set it under the broiler until golden brown. Remove & sprinkle 2 Tbs of roquefort cheese, crumbled, over the top. Replace under broiler until cheese melts. Slice into pie-shaped pieces.

HINT FROM CHRIS: A good BAKED POTATO trick is to peel each potato, then poke a skewer lengthwise through the middle. Slice it several times down to where you have placed the skewer (saves cut hands). Put seasonings in the gashes you have cut--a thin slice of onion, thin slice of green pepper, butter, Pizza cheese which is already seasoned, etc. Take out the skewer; brush the potato with butter, broth or the juice of the roast you are cooking. Bake about 1 1/2 hours at 325 to 350°. Delicious!

Salem artist Joe Brewer enjoys cooking & when the local newspaper ran a feature article with some of his recipes, they quickly ran out of that issue. Here his wife gives us one of his favorites.

Lisa Jane Brewer

CHEESE POTATOES

6 - 8 New potatoes
1 cup grated cheese
Fried bacon pieces
Salt & pepper
1 cube melted butter

I have been told how good these are but what I like most, is that you can do them ahead.

Jean Elstrom

Cook potatoes in jackets; cut into cubes, leaving skins on & layer in casserole with cheese, bacon, salt & pepper. Pour melted butter over & heat until hot & cheese melts.

STUFFED POTATOES

4 medium potatoes
1/2 cup butter
1/2 cup light cream (heated slightly)
1 tsp salt
4 tsp grated onion
1 cup sharp yellow cheese, grated
1/2 tsp paprika

These are excellent & may be prepared ahead. For an added treat, mix one 6 1/2 oz can of crab meat with the stuffing before refilling the shells.

Rosemary D. Wood

Scrub potatoes well, dry thoroughly & oil skins slightly. Bake in 325° oven until you can pierce with a fork. Cut in half, lengthwise, carefully scoop out potato & whip with butter, cream, salt, pepper, onion & cheese. Refill shells & sprinkle with paprika. Freeze or refrigerate & reheat in a very hot oven for about 15 minutes.

RICE WITH CHILIS

- 1 cup raw rice, cooked
- 1 can green Ortega chilis, chopped
- 1 lb Monterey jack cheese
- 1 pt sour cream

*This excellent dish makes enough for 5.
You can double the recipe for 10 & cook it
for one hour instead of 45 minutes.*

MRS Earl Weiss

Hany Haney

MRS. Wally Rossman

Cut the cheese into small squares, reserving a few strips for top of casserole. Combine the rice, cheese, chilis & sour cream; add salt & pepper to taste. Place in greased casserole; dot with butter, strips of cheese & sprinkle of paprika. Bake at 350° oven for 45 minutes.

RICE SAVORY

- 2 cups cooked rice
- 1 cup carrots, cooked & chopped
- 4 hard-cooked eggs, chopped
- 1 cup grated American cheese
- 1/4 cup melted butter
- 1/2 cup milk
- 1/2 tsp salt
- White pepper & dash cayenne

I got this recipe in Spokane, from a former Portlander I met through Ann Lyman in Bellevue. Somewhat roundabout. It is delicious with roasts & steaks!

Jody Schnell

Mix all ingredients together & bake in greased casserole for 1/2 hour at 350°.

BROWN RICE AND PEAS

1 cup uncooked white rice
2 1/2 cups boiling water
1/2 cup butter
1/4 cup minced onion
1/2 cup sliced canned mushrooms, drained
1 - 10 oz pkg frozen peas, thawed
1 - 8 oz can water chestnuts, diced
3 Tbs soy sauce

An unusual & excellent dish with barbecued meats or poultry. I often substitute brown rice & you can easily make other variations.

Alip Jones (Mrs H.H.)

In skillet saute rice, stirring often, until lightly browned. Turn into a 1 1/2 qt. casserole; add water & stir with fork to separate rice grains; cover & bake in 350° oven for 30 minutes or until tender. Meanwhile, in skillet over low heat, melt butter; add onion & mushrooms & saute until onion is transparent. Remove from heat; add peas, water chestnuts & soy sauce. Add rice & mix gently; return to casserole & bake uncovered an additional 15 minutes. Serves 8.

RICE CASSEROLE: Mix together in a casserole 1 cup rice, 1 can Beef Consomme, 1 can Onion Soup & 1 stick oleo. Bake at 375° for 1 hour, stirring once or twice. (Or cook at 325° for 1 & 1/2 hours while baking a ham or roast.) *Although there are variations of this recipe around, this one is from my Mother's file & is delicious. It's a favorite of both family & friends.*

Loetie Specht (Mrs Oscar H.)

SOUBISE

*I serve this as a starch. It's delicious
and different and one of my favorites.*

1/2 cup rice & 4 qts boiling water
1 1/2 Tbs salt
4 Tbs butter
2 lbs (6 to 7 cups) yellow onions, thinly sliced
1/2 tsp salt & 1/8 tsp pepper
1/4 cup each whipping cream & grated Swiss cheese

Mary Mainwaring

Preheat oven to 300°. Drop rice into boiling salted water & boil for exactly 5 minutes. Drain immediately. Melt butter in 3 qt fireproof casserole. When foaming, stir onions in. As soon as they are well-coated with butter, stir in rice & seasonings. Cover & cook very slowly in oven for about 1 hour, stirring occasionally. The rice & onions should become very tender. Just before serving, stir in the whipping cream & cheese.

GREEN RICE: Mix in greased 2-qt casserole 3 cups of cooked rice, 1 cup chopped parsley, 1/2 cup grated cheddar cheese, 1/3 cup chopped onion (I used dried), 1/4 cup chopped green pepper & a dash of garlic juice. Blend together 1 tall can evaporated milk, 2 beaten eggs, a scant 1/2 cup vegetable oil, 1 tsp salt, 1/2 tsp each seasoned salt & pepper, 1/4 tsp Accent & the juice of 1 lemon. Mix into rice. Sprinkle with paprika & bake at 350° for 45 minutes or until like a soft custard. *This recipe, one of my favorites, is from Stephenson's Apple Farm Restaurant in Kansas City, Missouri.*

Pauline J. Selham

SAN FRANCISCO SPINACH & RICE CASSEROLE

4 eggs
2/3 cup milk
1/4 cup butter or margarine, melted
1/2 cup onion, finely chopped
2 Tbs parsley, chopped
1 tsp thyme
1 1/2 tsp salt
1/4 tsp nutmeg
1 tsp Worcestershire sauce
2 10-oz pkgs frozen chopped spinach
2 cups cooked rice
2 cups sharp cheddar cheese, grated

Cook & drain spinach. Beat eggs; add milk, butter, onion, parsley, salt, thyme, nutmeg & Worcestershire sauce. Mix well. Stir in rice, spinach & cheddar cheese. Pour into 2 quart, buttered casserole. Bake 45 minutes at 350°. Additional cheese may be added on the top the last 5 minutes of baking. Serves 6 to 8.

ELEGANT VEGETABLE SAUCE: Simmer 1 cup white wine with 2 Tbs parsley, 2 tsp minced onion, 1/2 tsp salt, 1/8 tsp pepper, 1 cup chopped mushrooms, 1 tsp olive oil, & 1 tsp cornstarch. Stir to blend. Pour over green beans, sprouts or any other vegetable!

A wonderful dish to serve with oysters or any seafood, from a wonderful cook & cookbook author down Eugene way!

Maryana Volstedt

SPANISH BAKED SPINACH

3 lbs fresh spinach
1 1/2 cups chopped onions
1 cup chopped green peppers
2 tsp salt
1/4 tsp dried ground chili peppers
6 Tbs butter & 2 tsp sugar
1/3 cup tomato juice
1/4 cup seedless raisins, chopped
1/2 cup grated Parmesan cheese

Jane says this is a dressed-up way to cook spinach that she learned to make when she lived in Panama. Different & delicious.

Jane Strickland

Wash fresh spinach thoroughly, removing the stems. Put in saucepan with the onions, green peppers, salt & chili peppers. Cover & cook over low heat 5 minutes. Drain & chop finely. Mix in 3 Tbs butter, sugar, tomato juice, & raisins. Put in a buttered baking dish; sprinkle with cheese & dot with remaining butter. Bake in a 400° oven for 10 minutes or until delicately browned. Serves 4 to 6.

HERB RICE BLEND: This recipe was developed by the Home Ec Dept. at Oregon State University for those of us who like herbed rice but need to watch the budget! Mix together 1 cup uncooked rice, 2 beef bouillon cubes, 1/2 tsp salt, 1/4 tsp rosemary, 1/2 tsp each marjoram & thyme leaves (crushed between fingers) & 1 tsp dried green onion flakes. Heat to boiling 2 cups water & 1 Tbs butter. Add rice mixture & stir with fork. Cover tightly & simmer about 20 to 25 minutes or until all liquid is absorbed. This makes enough to serve 4 to 6. The dry ingredients may be mixed ahead & stored on your shelf.

SPINACH FRITTATA

1 pkg frozen spinach, cooked &
drained
4 eggs
1/2 tsp each salt & pepper
3 Tbs parmesan cheese, grated
1 Tbs romano cheese, coarsely grated

Beat eggs, salt & pepper with a fork. Add the parmesan & romano cheese. Add the spinach. Place in casserole or pie plate. Bake at 350° for 15 minutes, uncovered. Check to see if set. Broil for 1 additional minute. Cut in wedges.

SPINACH SUPREME

2 pkgs frozen spinach
2 large eggs, beaten
1 tsp salt
1 cup cottage cheese
1/3 cup parmesan cheese

Cook & drain spinach. Mix all ingredients together. Bake in greased baking dish 30 minutes at 350°. Sprinkle with lemon juice. Serves 8.

NOTE: Mary Barlow sends this same recipe using 2 cups cottage cheese.

To serve with Scallopini or whatever. A delicious quick spinach dish from Olimpia Bradshaw, our gourmet Portland friend who is an expert on French & Italian foods.

Olimpia

Another quick & delicious spinach accompaniment with a slightly different flavor!

Leona Gilmore

RATATOUILLE

- 2 large onions, sliced thin
- 2 mashed garlic buds
- 1 medium zucchini, sliced thick
- 2 lg green or red peppers, cut in strips
- 1 medium eggplant, peeled & cut in 1/2" cubes
- 4 large tomatoes, peeled & chopped
- 1/2 cup minced parsley
- 1 1/2 tsp salt & fresh ground pepper
- 2 Tbs fresh basil (or 2 tsp dried)
- 6 Tbs olive oil

Layer vegetables in 5 or 6-qt casserole, sprinkling each with salt, pepper & herbs. Press vegetables down tightly & pour olive oil over all. Cover tightly & cook over low heat 2 to 3 hours or until vegetables are very soft but still have shape. (May be baked in 350° oven same length of time.) Baste with juices often. If soupy, cook uncovered the last hour. Mix gently with fork; taste & add seasoning, if needed.

TOMATOES SAVILLE: Wash & halve 4 medium tomatoes; place in foil-lined shallow pan. Sprinkle each with salt, pepper, a small amount of sugar & oregano. Place 1/2 tsp solidified bacon drippings on each seasoned half. Sprinkle with grated Parmesan cheese. Bake at 350° for 25 minutes or less. Serves 8 as garnish for a meat course. *Husband Si came home from Portland raving about a baked tomato he was served at the Benson London Grill. After considerable experimentation, this is as close as we could come.*

This Mediterranean vegetable dish has many variations & methods of preparation, but this is a good easy one. It is delicious served either hot or cold, & low on calories, too! To serve, garnish with cheese, parsley, and/or tomato chunks.

Helen B. Hammond

De Ford

SQUASH CASSEROLE: Parboil zucchini, summer or yellow crookneck squash (either one kind or a combination) until barely tender. Layer in buttered casserole with either 1 or 2 cans of frozen condensed Cream of Shrimp soup, thawed. (Depends on amount of squash used.) Add extra fresh or canned shrimp if desired. Season with seasoned salt & pepper; sprinkle with bread crumbs; top with grated Parmesan cheese & paprika & dot with butter. Bake at 350° about 40 minutes. *An easy & delicious squash dish!*

Mrs. Isel Eoff

APRICOT SWEET POTATOES: Cook 3 lbs sweet potatoes in their skins until tender. Peel & cut into slices. Drain syrup from large can apricot halves & reserve it. In a buttered casserole, arrange layers of sweet potatoes & apricots, ending with apricots. Pour apricot syrup over the top; dot with 2 Tbs butter. Bake at 350° for 45 minutes. Cover top with foil if it browns too quickly! *A heavenly new flavor for sweet potatoes!*

Miriam Buchwald

ZUCCHINI FRITTERS (serves 4)

3 or 4 medium-sized zucchini
2 unbeaten eggs
2 Tbs Parmesan cheese
3 Tbs flour
1 clove minced garlic

1 Tbs chopped parsley plus salt & pepper

Shred zucchini onto paper towels. Combine remaining ingredients in bowl; add drained zucchini & drop by spoonfuls into hot fat. Fry until golden; serve immediately.

This recipe came from an elderly Italian lady living in the historic Mother Lode area of California. It's representative of good Italian cooking & guaranteed to receive compliments when served!

Doris Barger

GLORIFIED ZUCCHI (Serves 6 to 8)

4 to 5 medium zucchini, sliced 1" thick
1 lg onion chopped & 2 Tbs butter
2 Tbs flour
1/2 cup white dinner wine
1 (10 1/2-oz) can Cream of Mushroom soup
Grated cheese

This is good with any menu & the wine sauce can also be stirred into french-cut green beans & baked the same way. Originally from the California Winemakers!

Mrs Michael Gordon

Parboil zucchini in boiling, salted water; drain; place in single layer in buttered 9x11" baking dish. Saute onion in butter; stir in flour; add wine & soup & mix well. Pour over zucchini; sprinkle with grated cheese; bake at 350° for 30 to 40 minutes.

ZUCCHINI VEGETABLE POT: Quarter unpeeled zucchini & lay in bottom of baking dish. Add garlic salt, salt, pepper & oregano to taste. Add a layer of unpeeled sliced tomatoes, a layer of sliced onion rings; season again. Cover with slices of American cheese & seal with bacon slices spread close together. Bake at 350° for 45 minutes or until done. *This is super & easy!*

Pam Skopil

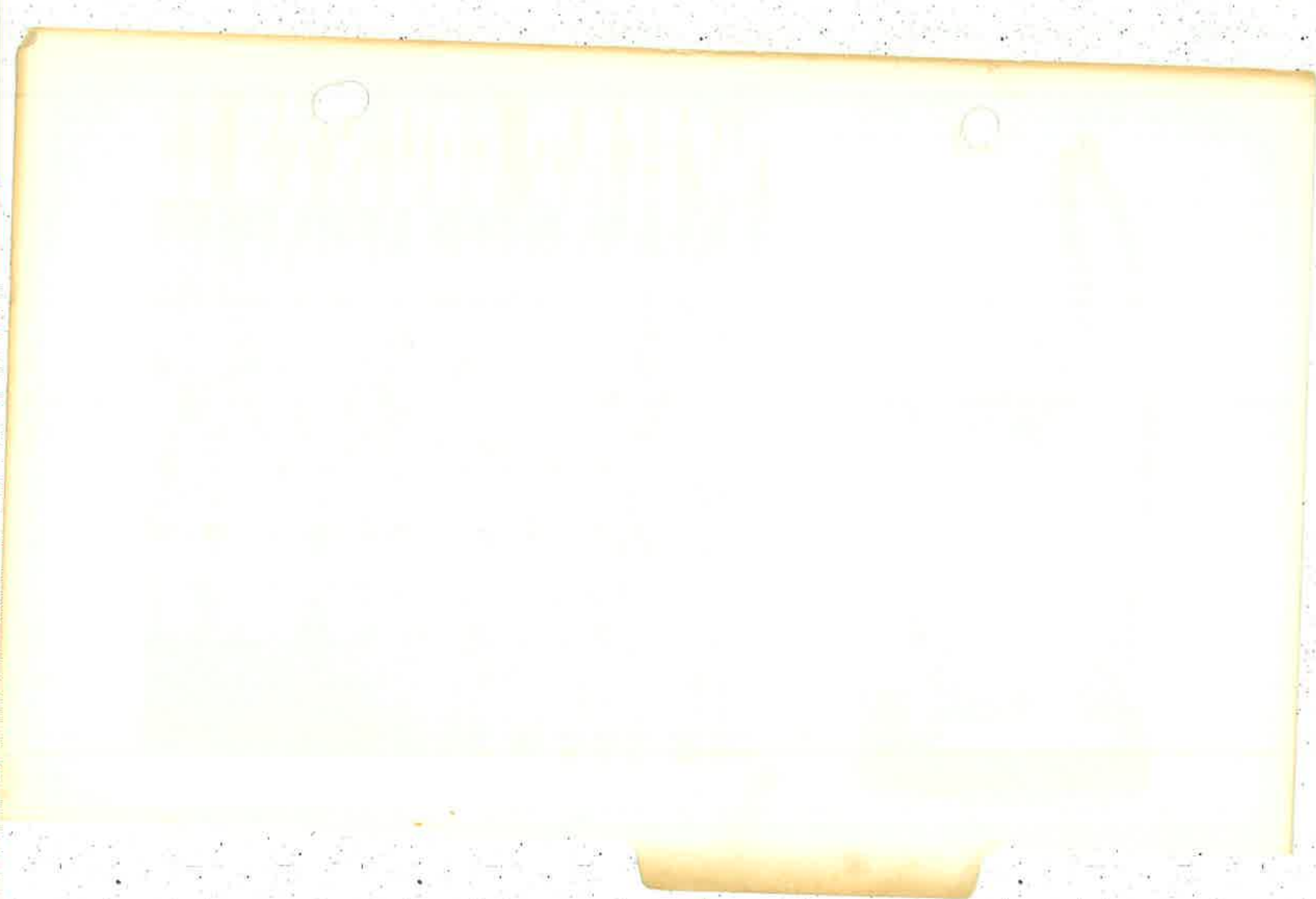
HINT: In another version of a Zucchini Casserole, Sallie Sue Barber just layers the zucchini with sliced onions, chopped raw bacon & shredded sharp cheddar cheese. Sprinkle each layer with salt & pepper. Cover & bake at 350° for 45 minutes.

Sallie Sue Barber



WHAT COUNTS
IS NOT THE NUMBER
OF HOURS YOU PUT
IN BUT HOW M
UCH YOU PUT IN T
HE HOURS

MAIN ENTREES



KYE'S FAMOUS LASAGNE

Tomato Sauce:

- 1 1/2 lb pork roast (or country spareribs)
- 1 1/2 lb beef pot roast
- 4 cloves garlic, minced
- 1 1/2 Tbs chopped parsley
- 3/4 Tbs Italian seasonings
- 2 hot red chili peppers, chopped
- 5 (28-oz) cans tomatoes
- 2 (12-oz) cans tomato paste

Brown both roasts in Bertoli olive oil; salt & pepper meat as it cooks. Add remaining ingredients; cook tomatoes down rather quickly; simmer for 1 1/2 to 2 hours. Add tomato paste & cook another 1 1/2 hours. Do not degrease too much or at all while cooking; wait until just before assembling layers of lasagne. Should sauce become too thick, add 1/4 to 1/2 cup or so of water. Lift out meat; set aside to be sliced later.

Meat Layer: Brown 1 1/2 lb ground chuck, 3/4 cup dry bread crumbs, 3 eggs, 1/2 cup Romano or Parmesan cheese, some chopped parsley, salt & pepper to taste in olive oil--breaking down with potato masher. Remove from heat.

Lasagne Noodles: Bring 6 qts water to boil in large pot; add 2 Tbs salt & 1 Tbs olive oil. Add 2 lbs noodles piece by piece; boil 12 minutes. Blanch with cold water; drain.

(continued)

You'll never taste a better lasagne than this authentic version from a real expert. Kye uses roasts to flavor her sauce, then slices the meat later to serve as a side dish with the lasagne. The recipe feeds a crowd. It fills a 17x11x2" baking pan!

Kye Donofrio

Kye's Famous Lasagne, continued

Have ready: 1 carton Ricotta cheese, 2 (12-oz) pkgs Mozzarella cheese, cut in small pieces, 1/2 cup grated Romano cheese & 1/2 cup grated Parmesan cheese

Assembling: In 17 x 11 x 2" pan, spoon layer of tomato sauce about 1/4" thick. Carefully arrange a single layer of noodles over sauce with noodles slightly overlapping. Sprinkle with salt, pepper & 1/5 Romano cheese. Next put a layer of sauce, then another layer of noodles, salt & pepper, 1/2 of meat layer & 1/2 of cubed Mozzarella. Then dab on 1/2 of Ricotta cheese; sprinkle with 1/5 of Romano again, salt & pepper, tomato sauce, noodles, salt & pepper, tomato sauce, remainder of meat layer, remainder of Mozzarella & remainder of Ricotta. Sprinkle again with 1/5 Romano; add layer of noodles, salt & pepper, tomato sauce, 1/5 Romano, noodles, salt & pepper, tomato sauce & remainder of Romano. Push noodles down from side of pan; cover with foil & bake at 375° for 1 1/2 to 2 hours. Uncover last 15 minutes of baking. Top each serving with spoonful of leftover tomato sauce. Serve with grated Parmesan cheese.

SIMPLE SPAGHETTI SAUCE: Brown 1 lb ground round, 1 medium diced onion, 1 diced stalk celery & 1/2 diced green pepper in olive oil. Add 1/2 to 1 tsp garlic salt, 1 tsp spaghetti seasoning or oregano, 1 Tbs brown sugar & 2 tsp chili powder mixed with a little water to make a paste. Stir in 2 cans tomato hot sauce (8-oz) & 1 can water or 1 can tomato soup, undiluted. Simmer slowly about 2 hours. *I've tried many spaghetti sauces, but keep returning to this delicious, simple recipe passed on to me by my mother.*

Kathy Crockett

HINT: When reheating spaghetti sauce, add Snappy Tom instead of water for added verve!

MOUSSAKA

2 medium eggplants, firm
3 onions, finely chopped
2 Tbs parsley, finely chopped
2 fresh tomatoes, chopped
1/2 cup oil
1/4 lb butter
1 1/2 lb meat (preferably 1/2 beef & 1/2 lamb)
Salt & pepper to taste
Bread crumbs

This "Gift from the Greeks" is supposed to serve 6 or 8, but you'd better prepare plenty for a party. Men love it & keep coming back for more. The Kasseri cheese may be purchased at any good cheese counter. The Kefalotiri is harder to get, but any good jack cheese may be substituted.

*Dimi Spanopoulos
(Mrs. Nick)*

Peel & cut eggplants once lengthwise; then cut crosswise into 1/4" to 1/2" thick slices. Put them in salted water to cover for 10 minutes; squeeze them well to remove as much water as possible; then saute them in oil to a golden brown & place on paper towels to remove excess fat.

Brown the finely chopped onion slightly with butter; add meat, parsley, tomato, pepper & salt. Stir & cook until meat is nice & brown. Butter an oblong baking dish well & sprinkle with bread crumbs. Overlap half the eggplant slices in the dish; spread the meat filling over; add remaining eggplant. Pour a bechamel sauce on top & spread evenly. Sprinkle with reserved grated cheese & bread crumbs. Bake in moderate oven (350°) until golden brown (about 30 minutes.)

(Continued)

Moussaka, continued

Bechamel Sauce: In a saucepan over low heat, melt 2 Tbs butter; add 3 tsp flour gradually, stirring constantly for a few minutes. Stir in 2 cups very hot fresh milk slowly & continue stirring until thickened. Remove from heat & carefully add 6 well-beaten egg yolks, 1 1/4 cups grated cheese (Kasseri, Kefalotiri & Parmesan, mixed) reserving some for the top, some salt & at least 1/2 tsp nutmeg.

QUICHE LORRAINE

*This is a favorite rich, rich Quiche
Lorraine. Yummy for lunch!*

Ruth Meeher

Pastry as in directions
1/2 lb bacon
1/2 lb diced Gruyere cheese (or Swiss)
8 egg yolks
2 cups cream
Salt & freshly ground pepper
1/4 tsp dry mustard

Make a pastry of 1 cup flour, salt, 1/2 cup butter, 1 egg yolk & 1 Tbs water. Mix together & chill for at least 30 minutes. Line a 9" pie plate & bake at 425° for 10 to 12 minutes. Remove from oven. Cook bacon, drain & crumble into pie shell; add diced cheese. Mix 8 egg yolks, cream, salt, pepper & mustard; pour into pie shell & bake at 350° for 45 minutes or until set. Serve hot or warm. Serves 6.

HINT: When scalding milk, always rinse your saucepan first with cold water. The milk won't stick to the sides.

RAVIOLI

1 lb ground round
1 medium onion, chopped
1 tsp salt
2 Tbs margarine
1 lb spinach, cooked, well-drained &
finely-chopped (or 1 pkg frozen)
1 cup fine bread crumbs
1 Tbs grated Parmesan cheese
1 egg, beaten slightly

Ravioli are really great fun to make with a friend. If you each prepare a batch or two of the filling the night before, you can easily make your pasta & roll & assemble enough ravioli for about 5 dinners each the next day. Freeze the filled pasta on trays--then store them in plastic bags for later cooking!

Dal Schunk

Note: Alma Wells at South High developed this recipe for students from my original. Brown meat, onion & salt in margarine (if meat is fatty, do not use margarine). Drain; add remaining ingredients; mix well & cool.

Pasta: Put 3 cups flour, unsifted, in large bowl; make a well in center. Beat 2 eggs slightly; add 2 Tbs olive oil, 3/4 cup warm water & 1/2 tsp salt. Mix & pour into flour "well." Mix together until well-blended. Then knead, knead & knead dough on floured board (about 10 to 15 minutes). Dough should be smooth, shiny & elastic. Let dough rest for about 10 minutes or more before rolling. Dust board or table top lightly with flour; roll portion of dough as thin as possible. Cut into 2 pieces approximately same size or allow for fold-over. On one piece place teaspoons of filling about 2" apart. Either wet edges slightly around each filling mound or brush remaining dough lightly with water

(continued)

Ravioli (continued)

& place or fold over dough spread with filling. Press dough lightly around each mound; cut with pie jagger to seal edges. To cook, drop into boiling salt water & cook 13 to 15 minutes or until pasta is tender but firm. Serve with tomato sauce & sprinkle with Parmesan cheese.

Mild Tomato Sauce: Saute 1 medium onion, finely-chopped, in 2 Tbs butter until transparent. Add 1 (6-oz) can tomato paste, 1 (8-oz) can tomato sauce, 2 cans water, 1 tsp each salt & dried basil; & 1/2 tsp sugar. Cook 30 to 40 minutes, stirring now & then.

NEVA'S MAGIC POT

- 3 to 4 lb uncooked, cubed meat
(beef, veal, pork or lamb)
- 1 can (#303) prunes & liquid
- 1 can (#303) tomatoes & liquid
- 1 can (#303) chunk pineapple & liquid

Optional additions:

- 1/2 cup dried or fresh mushrooms, sliced
- 2 Tbs parsley, chopped
- 3/4 cup celery & tops, chopped fine

All you need in addition to this hearty dinner or party casserole is rice & a green salad or a green bean casserole!

Neva Elliot

Neva

Brown meat & place in large casserole. Add remaining ingredients; season as desired (suggested are 1/2 tsp each curry powder & mint, plus salt & pepper); mix, cover & bake at 190° all day (or can be baked at 350° for 2 hours). Serve over rice & top with slivered, toasted almonds. Serves 10 to 12. 120

BEEF STUFFED RIGATONI

Here is a special recipe, one of my favorites, that can be conveniently prepared early in the day to be popped into the oven as the dinner hour approaches!

Mrs. John J. Oliveira

1 (12-oz) pkg uncooked rigatoni
1 (10-oz) pkg frozen chopped spinach
1/3 cup each chopped onion & green pepper
1 clove garlic, minced
1 Tbs oil
1 1/2 lb ground chuck
1 1/2 tsp salt
1 tsp mixed Italian herbs
3/4 cup shredded Parmesan cheese

1 (8-oz) pkg Mozzarella cheese
1 (14 1/2-oz) can Italian tomatoes (solid pack)
1 (8-oz) can tomato sauce
1 (3-oz) can mushrooms

Cook rigatoni in 4 qts boiling salted water about 8 minutes or until barely tender; drain & cover with cold water. Cook spinach as directed; drain & press out all liquid. Cook onion, green pepper & garlic in oil until soft; add beef, salt & herbs; cook until beef is brown. Combine 2/3 beef mixture with spinach & 1/4 cup Parmesan cheese (leave 1/3 beef in pan for sauce.)

Drain rigatoni. Using fingers, stuff each piece with beef & spinach mixture. In 8 or 9" casserole, arrange layers of sauce, stuffed rigatoni, sliced Mozzarella & remaining 1/2 cup Parmesan. Make top layer of sauce & cheese. Bake at 350° for 30 to 40 minutes or until hot & bubbly. Yields 8 servings.

Sauce: To remaining beef in skillet, add tomatoes, tomato sauce & undrained mushrooms. Cook slowly, stirring occasionally.

CHOP SUEY

- 1 lb chop suey meat (thin strips of round steak)
- 1 Tbs soy sauce
- 2 Tbs each flour & sugar
- Salt & pepper
- Peanut oil
- 1 lb chop suey vegetables

This recipe dates back to 1937 and Honolulu. If packaged fresh chop suey vegetables are not available, I substitute a different assortment--included as a hint!

Bernice H. Evers

Sprinkle soy sauce over meat; then dredge in mixture of flour, sugar, salt & pepper. Fry meat in peanut oil in hot pan. Remove meat from pan; reduce heat & fry vegetables in same pan briefly with more peanut oil. When about half cooked, return meat to pan; mix together; add chop suey gravy & simmer all together briefly. Serve with boiled rice & soy sauce added to individual taste.

Chop Suey Gravy: Mix in a cup, 1 tsp cornstarch, 1 Tbs sugar, 2 tsp soy sauce & a shake of black pepper. Fill cup with water, stir & add to vegetables & meat.

HINT: If Chop Suey vegetables are unavailable, use, as available, in season: sliced green onions, including tops; celery, sliced diagonally; Chinese cabbage, sliced; fresh mushrooms, sliced; fresh Chinese peas, if available; if not, fresh string beans, cut French style; a very few carrot sticks for color; & fresh bean sprouts.

BEEF CHESTNUT SUPREME

2 lb ground beef
1 cup uncooked white rice
1 can Mushroom Soup
2 cans Cream of Chicken soup
1 cup diced celery
1/2 cup diced green pepper
1 medium onion, chopped
1 small can pimiento, chopped
2 cans water chestnuts, drained & sliced

*A real favorite at pot-lucks. Quick--
easy to do--and men like it, too!*

Betty Hanouska

1 lb fresh sliced mushrooms or
2 cans sliced mushrooms, drained
2 cups boiling water
1/4 cup soy sauce
2 Tbs brown sugar

Brown & drain ground beef; combine with remaining ingredients; add salt & pepper to taste; turn into large casserole. Cover top with slivered almonds. Bake, uncovered, in 325° oven for 1 1/2 to 2 hours. Serves 8 to 10 people.

CHINESE STYLE BEEF CASSEROLE: Brown 1 lb lean ground beef in small amount of fat. Add 2 medium onions, sliced; 1 cup celery sliced diagonally; 1 small green pepper, cut in strips; 1 1/2 cups water; 1/2 cup uncooked rice (not minute); 1 can drained bean sprouts & 1/4 cup soy sauce. Put in buttered casserole; cover & bake 1/2 hour at 350°. Uncover & bake another 1/2 hour. Sprinkle 1 can (regular) crisp Chinese noodles over top & bake 15 minutes more. Serves 8 to 10. *This luncheon or supper dish can be made ahead & if the recipe is too large for your family, you can put it in two casseroles & freeze one!*

Anita R Dye

CHINESE CHICKEN & WALNUTS (Serves 6)

1 1/2 lb uncooked white chicken meat,
cut into bite-sized pieces
3/4 tsp salt
2 Tbs each cornstarch & soy sauce
1 tsp sugar
1/4 cup cooking sherry

This recipe is adapted from that of White House Chef Henry Haller. It was served to the Washington Press Club prior to President Nixon's trip to China!

Judi Heltzel

Marinate chicken in mixture of ingredients for several hours. Prepare vegetables.

2 cups bamboo shoots
2 cups julienne cut Chinese cabbage
1 cup each julienne cut celery & onion
8 water chestnuts, quartered

Peanut oil
1 1/2 cups walnut meats
.
.
.
1/2 cup chicken broth

Saute vegetables & chestnuts in 3 Tbs peanut oil quickly. An electric frying pan is fine but you could use a wok. Add walnut meats & set aside. Saute drained chicken pieces in 2 Tbs oil. Add broth; then add vegetables. Serve plain or with fried rice.

HINT FROM CHRIS: Cumin, celery, poppy, & mustard seeds add new interest when used individually in an otherwise ordinary casserole dish. If rice is the basic ingredient, use a sparkle of saffron. With spaghetti & meat balls combine a pinch of oregano. Sesame seeds do something nice when potatoes are predominant. Cumin seed, mixed with cheese, gives a distinctive topping to any casserole dish.

BROCCOLI & CHICKEN FILLED CREPES

Crepes: (Makes 16 - 6" crepes)

4 eggs

1 3/4 cup milk

1 1/2 cups flour

1 Tbs melted butter

1/2 tsp salt

1/4 tsp baking powder

This three-part recipe can all be done ahead of time--even the day before--& warmed just before serving. It's a great bridge club entree!

Kay Daub

Beat eggs slightly; stir in milk & flour; add butter, salt & baking powder, beating until smooth. Let stand 5 minutes. Brush 6" skillet with butter. Pour in 2 to 3 Tbs batter, tipping to cover bottom of pan. Cook until bottom of crepe is golden brown. Remove from skillet; brush again with more butter before adding more batter. As crepes are cooked, stack & cover with warm towel. Or cool crepes, place waxed paper between each & store in refrigerator (or freeze) until ready to use.

Filling:

2 (10-oz) pkgs frozen chopped broccoli,
cooked & drained

2 Tbs butter

2 Tbs chopped onion

1 6-oz can chopped mushrooms, drained

2 Tbs flour

1/2 cup each half & half & chicken broth

2 Tbs Parmesan cheese

1 (4-oz) can water chestnuts, drained &
chopped

1 tsp salt & 1/8 tsp pepper

2 whole chicken breasts--cooked, boned &
chunked

(Continued)

Broccoli & Chicken Filled Crepes (Continued)

Saute onion & mushrooms in butter. Add flour; mix; stir in cream & broth. Mix in all remaining ingredients & chill.

Crepe Sauce: Melt 1/4 cup butter; add 1/4 cup flour & blend. Add 1 cup half & half & 2 cups milk, stirring over heat until thick. Add 1 cup grated Parmesan cheese, 2 tsp prepared mustard & 1 tsp salt. Spread each crepe with chilled filling. Roll & place seam side down in single layer in greased shallow pan. Cover with sauce; bake at 350° for 25 to 30 minutes. Serves 8.

HOT CHICKEN CASSEROLE

*A favorite recipe of Pat Nixon's & an
"easy for the hostess" luncheon dish.*

PAULINE ELGIN

- 4 cups cold cooked chicken or
4 whole chicken breasts, cut up
- 2 Tbs lemon juice
- 4 hard-cooked eggs, sliced
- 3/4 cup Cream of Chicken soup (1 can)
- 1 Tbs minced green onion (optional)
- 2 pimientos, cut fine
- 1 tsp salt & 1/2 tsp accent

- 3/4 cup mayonnaise
- 2/3 cup finely chopped toasted almonds
- 1 cup grated cheddar cheese
- 1 1/2 cups crushed potato chips

Combine all ingredients except nuts, cheese & chips. Place in greased 9 x 9 pyrex dish. Top with almonds, grated cheese & potato chips. Refrigerate overnight; bake at 400° for 20 to 25 minutes.

CREPES FLORENTINE

- 6 Tbs butter & 7 1/2 Tbs flour
- 4 1/8 cups hot milk
- 1 1/4 tsp salt, plus pepper & nutmeg
- 6 Tbs heavy cream
- 1 1/2 cups coarsely grated Swiss cheese
- 2 1/4 cups cooked chopped spinach, drained
- 1 1/2 cups cream or cottage-style cheese
- 2 eggs
- 1 1/2 cups diced fresh mushrooms, sauteed in butter with 3 Tbs minced scallions
- 12 (10-inch) crepes

Melt butter, stir in flour; cook slowly 2 minutes. Remove from heat; beat in milk, salt, pepper & nutmeg to taste. Boil, stirring, 1 minute; then beat in cream & all but 4 Tbs of Swiss cheese. Simmer a moment & correct seasonings. Blend several Tbs of this sauce into spinach & correct seasonings. Beat the cream or cottage cheese with eggs, mushrooms & several Tbs of the sauce to make a thick paste; correct seasonings.

To assemble: Center 1 10" crepe in the bottom of lightly buttered baking dish, spread with spinach, cover with a crepe, spread with layer of cheese & mushroom mixture. Continue layering, ending with crepe. Pour remaining cheese sauce over mound; sprinkle with remaining 4 Tbs Swiss cheese; dot with 2 Tbs butter. Refrigerate until 30 to 40 minutes before serving. Set in upper third of preheated 375° oven until bubbling hot & cheese has browned lightly. Cut in wedges to serve 8.

A yummy concoction for brunch or a bridge luncheon. Make a batch of crepes from the broccoli recipe or Et Cetera section. Serve with a fresh fruit salad.

Pat Schladef

GREEN CHILI ENCH

AS (Serves 4 to 6)

1 lb ground beef & 1 lg chopped onion
4 oz can green chili peppers, chopped
1 lb mild cheddar cheese, shredded
1 (10-oz) can corn tortillas (or frozen)
1 (10-oz) can Enchilada sauce
1/2 cup each shredded American cheese & chopped olives

My taste runs to South of the Border cooking & for two years following our wedding, our guests were served nothing but tacos-- until it was discreetly suggested that I might broaden my repertoire. This recipe is my favorite in the Mexican line!

Jerri Bryce

Brown beef & onion in skillet until meat loses red color. Add chilis & cheddar cheese; heat until cheese is melted, stirring occasionally. Heat about 1/4" oil in another skillet; soften tortillas one at a time. (Oil should not be hot, for tortillas must be pliable). Put 2 Tbs meat mixture on each tortilla; roll up. Arrange rolls in deep baking dish. Pour sauce over tortillas; sprinkle with American cheese. Bake in preheated 400° oven for 10 minutes or until cheese is melted. Remove from oven; sprinkle with olives.

HAM CASSEROLE: Cook 2 1/2 cups noodles, drain; make white sauce with 2 Tbs butter, 2 Tbs flour, 1 cup milk & 1 tsp salt. Add 1 cup grated sharp cheddar cheese, 2 Tbs catsup & 1 Tbs prepared horseradish. Cook 1 cup frozen peas briefly; drain. Combine white sauce, noodles & ham; mix well. Lightly mix in peas. Turn into large buttered casserole & cover top with 1/2 cup buttered crumbs. Bake uncovered in 300° oven for 30 minutes or until heated through. Serves 6 to 8 people. A fine use for those last bits of left-over ham. It freezes well. I thaw it almost completely before baking by setting it out of the freezer in the morning to bake for dinner.

Pat Achterman

TANGY TORTILLA CASSEROLE

A family favorite for many years!

1 1/2 lb ground chuck, crumbled
1 medium onion, chopped
1 can (1 lb) tomatoes
1 can (10-oz) Enchilada sauce
1 small can ripe olives, including liquid
1 tsp salt, 1/2 tsp garlic salt, 1/4 tsp pepper
8 thawed, frozen corn tortillas (or canned)
1 cup small curd cottage cheese beaten with 1 egg
1/2 lb jack cheese, thinly sliced
1/2 cup shredded cheddar cheese
1/2 cup crushed Tortilla chips (or Fritos)

*Pat Barlante
(Mrs. Dick)*

Brown chuck & onion in large pan. Add tomatoes, Enchilada sauce, olives, liquid & seasonings. Bring to boil; reduce heat; simmer uncovered. Meanwhile heat 1/4 cup salad oil in small pan; saute tortillas, one at a time, until soft; drain on paper towel; cut in half. Spread 1/3 meat sauce in greased, shallow 3 qt casserole; top with half of jack cheese, half of cottage-cheese-egg mixture, & half of tortillas. Repeat layer, then spread with remaining 1/3 meat sauce. Top with cheddar cheese & border with corn chips, if desired. Bake, uncovered, in 350° oven for 20 to 25 minutes or until cheese melts.

HINT: To make cheese-flavored bread crumbs, store a loaf of bread in refrigerator for 7 days. Cut off crust & crumble. Mix the crumbs with 2 cups Parmesan cheese, 1 clove crushed garlic, a pinch of chopped parsley, 1/2 tsp salt & pinch of thyme.

MOTHER'S CHILI CON CARNE

3 cups small red beans
1 lb lean ground beef
1 medium onion, chopped
1 clove minced garlic (optional)
1 qt strained tomatoes or 3 cups canned
tomato puree diluted with water
Salt to taste & 1 to 3 Tbs chili powder
6 to 10 drops Tabasco sauce

This recipe has been a Christmas Eve favorite in our family for many years, served with hot French bread & cole slaw. It is an old one from my Mother & was originally made with round steak cut in bite-size pieces. I have changed to canned tomato puree, too.

Catherine Gerlinger

Soak beans, well-covered, overnight in water, & put on to cook in same water. Brown meat slightly in 2 Tbs drippings; add onion & garlic; cook until soft. Add to beans & let simmer all day, adding more water as necessary. About an hour before serving add the tomatoes & seasonings. Best made the day before serving & then reheated!

HINT: Another secret ingredient for chili is about 1/2 tsp cloves! Sallie Sue Barber

HINT FROM CHRIS: FIVE BAKED BEAN CASSEROLE is an excellent picnic dish. Remove the fat & rinse 1 can pork & beans. Combine in a large beanpot or casserole with 1 can each well-drained kidney beans, lima beans, green beans & yellow wax beans. Add 1 1/2 cups brown sugar, 3/4 cups catsup, 2 tsp Worcestershire, 6 slices bacon (fried, drained & cut up), 2 chopped onions, 3/4 cup grated medium or sharp cheddar cheese & 1/2 cup Karo syrup. Bake at 325° for 45 minutes or longer, until bubbly. This will serve 15 or 16 & is a little different. If it becomes too dry, add water.

A Juicy Morsel for Breakfast

Or dinner you can enjoy from one of our tender and delicious meats, steaks, lamb or mutton chops, veal cutlets or pork. Our meats are all cut from the fattest and primeest cattle, and we can supply your table with fresh, nutritious and wholesome meats at bed rock prices.

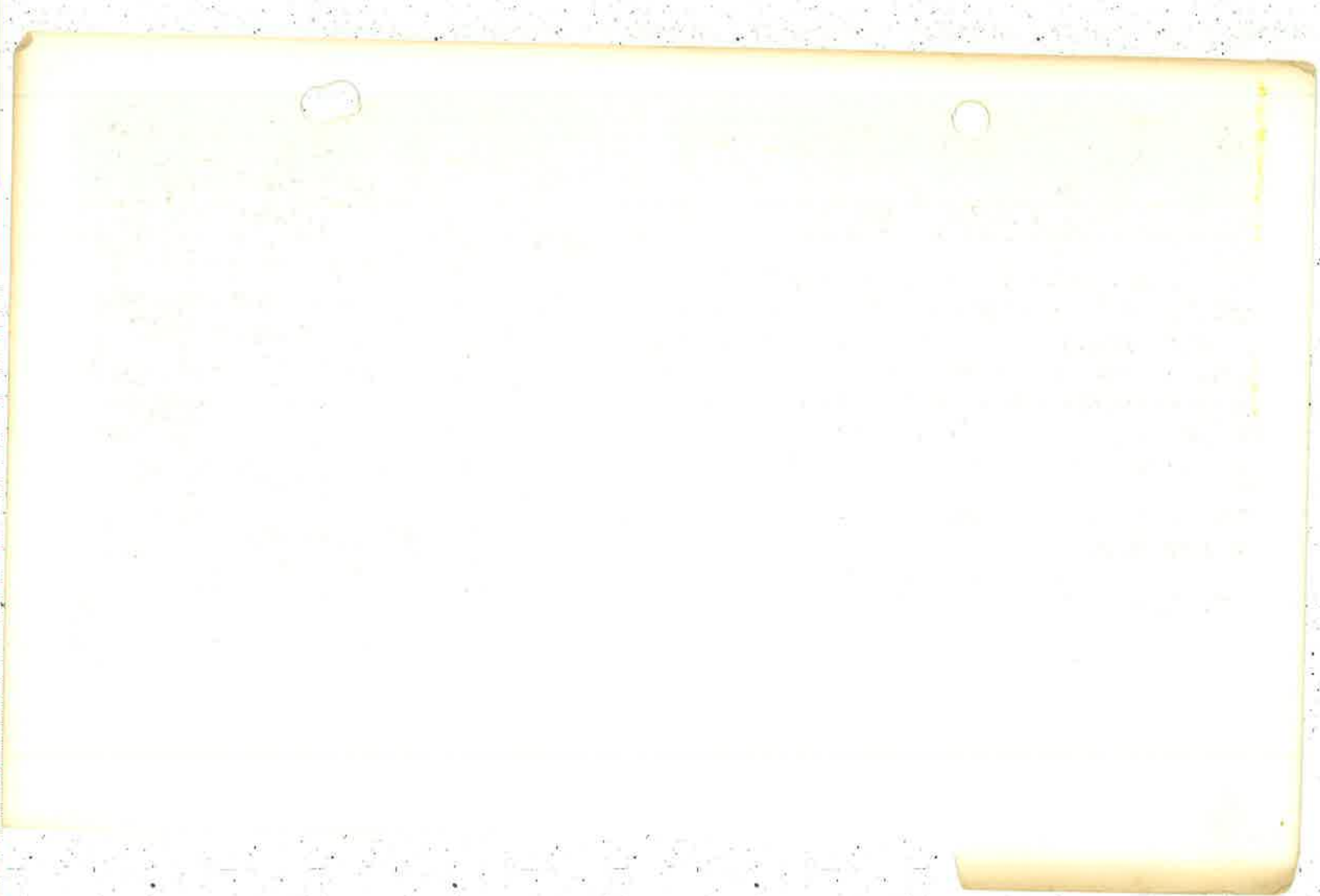
The joys of the table belong equally to all countries and times. Brillat-Savarin

F. C. CROSS SALEM ORE

Phone 291



MEATS



BEEF IN BEER

1/2 stick margarine
1/4 cup flour
1 1/2 cup beef bouillon
2 Tbs tomato paste
3 bay leaves
1 can beer
3 to 4 lb chuck roast
Sliced onions
Peeled sliced carrots

Bonnie, who belongs to an AAUW Gourmet Cooking group, says this is perhaps her favorite recipe because it is a real company pleaser & there is no last minute preparation. The sauce makes a thick gravy & is delicious served over rice, wide noodles or Potatoes Gourmet!

Bonnie Hyra

Melt margarine in heavy saucepan; stir in flour; cook until thick. Add beef bouillon & tomato paste; cook to a boil. Reduce heat & simmer 30 minutes; add bay leaves & beer. Cut roast into slices (or hunks) & shake in bag of flour. Brown beef in margarine or bacon drippings. In a dutch oven, alternate layers of beef with onions & carrots. Pour sauce over meat & vegetables. Bake 2 to 2 1/2 hours at 350°.

POTATOES GOURMET: Peel & halve small baking potatoes. Put potatoes in shallow baking pan lined with foil. Drizzle melted margarine over top & season with salt & pepper. Place pan in oven 40 minutes before Beef in Beer will be done.

Note: *Your dinner is all in the oven. Just add a tossed salad or a fruit salad & a loaf of French bread & your meal is complete.*

BEEF STROGANOFF

1 1/2 lb round steak
1/3 cup flour
1 tsp each salt & garlic salt
1/2 tsp garlic powder
1/4 cup butter or margarine
1/2 cup finely diced onion
1/2 cup Beef Bouillon
1 can Cream of Chicken soup, undiluted
1 can mushrooms, including liquid
1 cup sour cream

Remove membrane & fat from steak & cut into narrow strips on diagonal. Shake strips in a bag with flour, salt, garlic salt & garlic powder. Brown in butter; add onion & beef bouillon. Cover & simmer about 1 to 1 1/2 hours (until meat is tender), adding water or more bouillon if necessary & stirring frequently. Add soup & mushrooms; stir well. Bring to a boil & stir in sour cream (do not allow mixture to boil after adding sour cream). Serve over rice which has been cooked in bouillon. Serves 4.

HAMBURGER STROGANOFF: Saute 2 lbs ground beef in 1/4 cup butter with 2 small diced onions, 1 clove of garlic with juice, 1/2 lb sliced mushrooms, 1 Tbs salt, 1/2 tsp paprika & 1/2 tsp MSG. Stir in 5 Tbs flour, then 1 can Cream of Mushroom soup & 1/2 can Cream of Chicken soup. Simmer uncovered for 10 minutes. Before serving, stir in 1 cup sour cream & heat through. Serve over rice, noodles or mashed potatoes. Serves 8 to 10.

This is a delicious company dish using a less expensive cut of meat. One of its chief advantages is that it can be prepared the day before, adding the sour cream just before serving.

Kathy Crockett

132 *Ramona E. Spangrud*

BAKED STUFFED FLANK STEAK

Rice Stuffing:

1/4 cup butter or margarine
1/2 cup chopped onion
1 clove garlic, crushed
1 1/2 cup cooked rice
1/2 cup chopped parsley
1/2 cup grated parmesan cheese
1/2 tsp salt
1/4 tsp pepper

Flank Steak:

1 3/4 lb steak
1 clove crushed garlic
2 Tbs soy sauce
1/2 tsp pepper
2 Tbs butter or margarine
1/2 cup each beef broth & water
1 Tbs chopped ginger

EASY FLANK STEAK MARINADE: Nancy Roberts sends us this quick treat from Hawaii. Mix equal parts of soy sauce, water & red wine. Add a crushed clove of garlic, sugar to your taste & a little crushed ginger. Soak flank steak overnight. Broil meat in oven or outdoors & slice very thin against the grain (sort of like you're shaving).

Serve with broiled tomato halves. Wonderful!

Pauline Sunborg

Saute onions & garlic. Add rice, parsley, cheese, salt & pepper. Score steak. Rub sides with garlic, brush with soy sauce & pepper & butter. Place rice stuffing over steak. Roll up & fasten with skewers. Tie, spread with butter & place in roasting pan. Pour beef broth & water over top. Sprinkle with ginger & roast at 350° for 45 to 60 minutes, basting occasionally. Serves 6.

"BIRDS WITHOUT HEADS"

Flank steaks, 1 fillet
per serving (see note)
Finely chopped dill pickle
Finely chopped onion
Butter or cooking oil
Beer at room temperature

Combine chopped dill pickle & onion (half & half) & place desired amount of filling on each fillet. Roll filled fillet & tie or skewer very securely. Season rolls & brown in butter in large iron skillet; then add enough beer to more than half cover the "birds." Bake in pre-heated oven at 375° for 1 to 1 1/2 hours. Test for tenderness.

SUNSHINE MEAT LOAF

2 eggs
3/4 cup milk
1 1/2 cup bread crumbs
2 tsp salt & 1/4 tsp pepper
1/2 cup chopped onion
1 cup chopped carrot
2 lbs ground beef

Beat eggs in large mixing bowl. Stir in milk, bread crumbs, seasonings & finally the ground beef. Shape into two loaves about 7 1/2 x 4 x 2. Bake in 350° oven about 1 hour.

Prof. Weaver says to select large flanks & have the meat cutter fillet them in half horizontally--very large & thin. He usually serves these with candied parsnips or yams, a green vegetable & light salad!

Prof. Ernest Weaver

This meat loaf stays very moist & makes about 10 to 12 servings.

Mrs. Andrew Gilchrist

PARSLEY STEAK ROLLS

2 lbs 1/4" lean round steak,
cut in 6 pieces
1/2 lb mushrooms
1 cup chopped parsley
3/4 cup chopped onion
1 cup grated Parmesan cheese
Salt & pepper
2 Tbs fat
1 can condensed beef consomme

These steak rolls are absolutely delicious & very simple to make. The recipe came from an old magazine & has been a favorite ever since.

Editha Rowlee

If meat is too thick, pound to 1/4". Reserve mushroom crowns; chop stems & sprinkle over meat along with parsley, onion & cheese; season lightly with salt & pepper. Tightly roll each piece of meat; fasten with toothpicks & lace with string. Brown slowly in hot fat. Add mushroom crowns & consomme. Cover; bake at 350° for 1 hour & 15 minutes or until tender. Remove meat rolls. Combine 2 Tbs cornstarch with 1/2 cup water; add to gravy & cook & stir until thick. Clip string & remove from rolls. Makes 6 servings.

HINT FROM CHRIS: Meats demand consideration from spices. To a beef stew, add rosemary. To other stews, add basil, a few caraway seeds, or a dusting of allspice. Some other additions, taken singly, include bay leaves, celery seed, chili powder, marjoram, oregano & thyme. To flatter hamburgers, add mustard seed. immortalize your steaks with a spread of ground mustard, Worcestershire sauce & soft butter, plus the oil from a twist of lemon peel, mixed thoroughly.

PAPRIKA BEEF ROLL

3 lbs round steak
Salt, pepper & paprika
1/2 lb sliced mushrooms (reserve 3 whole)
Sliced onions
Pimientos, finely chopped
Bread crumbs
1/2 cup melted butter Stuffed olives
1 Tbs boiling water 3 small white onions
1 raw egg 1 cup red wine

A delightful way to serve an economical cut of beef. Just slice the roll & pour drippings over.

Vi Hard

Pound the round steak & rub in salt, pepper & paprika. Spread the steak with a layer of mushrooms, then a layer of sliced onions. Sprinkle with pimientos & bread crumbs. Beat the butter, boiling water & raw egg together & pour over steak. Arrange stuffed olives in a row on long side of steak & roll the meat around the olives. Brown in 1/2 cup melted butter in roaster. Place 3 whole mushrooms & 3 small onions in roaster. Sprinkle with salt, pepper & paprika. Add red wine & roast in 350° oven for 2 hours.

BARBECUED FLANK STEAK: Mix 1/4 cup soy sauce, 3 Tbs honey, 2 Tbs vinegar, 1 1/2 tsp garlic powder, 1 1/2 tsp ground ginger, 3/4 cup salad oil & 1 green onion, finely-chopped. Pour over flank steak in small pan. Let stand 4 hours. Broil 5 minutes on each side over hot charcoal. Slice on the diagonal. Another Terriyaki flank steak marinade that's absolutely great for outdoor barbecues!

Sharon Barnick

Barbara D. Esleman

LAMB CURRY

3 1/2 to 4 lb boned shoulder
of lamb, cubed
Butter & olive oil
1 cup boiling water
1 cup stock (either bouillon or chicken)
1 tsp salt & 1/2 tsp pepper
2 Tbs chopped onion
1 cup chopped celery
4 heaping Tbs fresh parsley
1 or 2 tsp curry
2 large diced apples
Instant mashed potatoes.

*A delicious & simple dish to make ahead.
Serve over rice with small bowls of condiments.*

Mrs Val O. Sloper

Brown lamb cubes in half butter & half olive oil; add boiling water, stock, salt, pepper, onion, celery, parsley & curry. Cover & simmer gently until meat is tender, adding additional stock if necessary. Thicken with instant mashed potatoes. Ten minutes before serving, add 2 large diced apples. Secret: They stay crisp & just get warm. Put in chafing dish. Serve over rice with small bowls of coconut, chopped peanuts, raisins, chopped green onion, chopped crisp bacon, chopped boiled eggs, & chutney.

HINT FROM CHRIS: Lamb likes to be with rosemary & marjoram. Use either spearmint or peppermint for a mint sauce & peppermint alone for Mint Ice to serve with lamb. Curry, of course, is a must for a lamb stew.

LEG OF LAMB

Leg of lamb, bone & butterfly
Salt & pepper
Sage, rosemary or thyme
1 bottle prepared French dressing

*This recipe is so easy it is almost embarrassing to send it--but I have always received lots of raves when I serve it & that is music to the cook's ears!**

Della Finkle

Remove as much fat & membrane from the lamb as you can. Rub it with salt & pepper & then rub a herb in also (I prefer thyme). Place the meat in a flat baking dish & cover with the thin red kind of French dressing. Marinate overnight if possible or very early in the day. The meat can then be charcoaled or put on your inside grill. Get it nice & crusty on the outside & pink on the inside--about 15 to 20 minutes per side. **Della serves the lamb with hard rolls or French bread & either a Caesar or Bean salad. She prefers a delightful red Spanish wine, & in the summer likes to finish with fresh fruit & cheese. At other times, Della serves Rum Mousse, mainly because she loves it!*

BARBECUED LEG OF LAMB: Marinate lamb for several hours, turning frequently, with 1 to 2 cups dry red wine & several cloves of garlic (cut in half & rubbed over meat, leaving on just until time to cook). Cook on a good-sized charcoal fire for 30 to 40 minutes on each side. *I suggest Oregon lamb--definitely not New Zealand or Australian. I like to serve the roast with fresh corn on the cob, in season; or pink beans cooked with onions, tomatoes, etc. (but light on the chili); or rice. Extra sour dough French garlic bread & a crisp green salad also go well!*

Asel I. Eoff

GIGOT D'AGNEAU EN CROUTE
(LEG OF LAMB IN PASTRY)

3 or 4 lamb kidneys (1/2 lb)
3 Tbs butter or margarine
1 Tbs Madeira
1/4 lb fresh mushrooms, chopped
3/4 tsp salt
1/2 tsp rosemary
1/4 tsp each thyme & tarragon
4 to 4 1/2 lb leg of lamb roast,
boned but not tied
Soft butter or margarine

1 pkg piecrust mix
1 egg yolk
...
2 Tbs butter & 2 Tbs flour
3 Tbs Madeira
1 1/2 Tbs red-currant jelly

*I cut this out of McCall's ages ago &
it has become one of our favorites for
entertaining. Also really not as hard
as the name implies!*

Denny Jones

Remove fat & white veins from kidneys, wash & dry with paper towels & finely dice. In 3 Tbs hot butter in skillet, saute until golden. Stir in 1 Tbs wine, mushrooms, salt, rosemary, thyme & tarragon. Remove from heat & preheat oven to 425°. Wipe lamb with damp paper towels; trim off most of fat. Fill with kidney mixture. Form into compact roast; secure with skewers. Rub with about 2 Tbs soft butter. Place on rack in shallow roasting pan. Insert meat thermometer in thickest part of meat (not stuffing) & roast, uncovered, 60 minutes or until thermometer registers 150°.

Meanwhile make pastry from piecrust mix & roll on lightly floured surface to 15 x 12" oval. Remove roast from oven. Place in shallow baking pan without a rack; remove

(continued)

Leg of Lamb in Pastry (Continued)

thermometer & skewers. Reserve drippings in pan. Lay pastry over roast, pressing against meat & tucking underneath to cover roast completely. Beat egg yolk with 1 Tbs water & brush over pastry. Bake in 450° oven 15 to 20 min. or until pastry is golden.

For sauce: Add 1 cup water to reserved drippings in roasting pan; heat, stirring to loosen browned bits. Strain into 2 cup measure; skim off fat (there should be about 1 cup drippings remaining). Melt butter in small saucepan. Stir in flour & cook, stirring, until slightly golden. Gradually add strained drippings & cook over medium heat, stirring constantly, until thickened. Boil gently 1 minute. Stir in wine & jelly. Keep warm & serve with roast.

LAMB SHANKS

Here's a tasty way to serve an economical lamb cut!

Lamb shanks, flour, salt,
pepper & dry mustard
2 cans Mushroom soup
Curry, Worcestershire & Kitchen Bouquet
1 can Beef Consomme
Garlic & 1/2 cup red wine

Glenda Kerr

Roll shanks in mixed flour, salt, pepper & dry mustard. Brown in butter & set aside. Mix Mushroom soup in a bowl with 1/2 tsp curry, 1 Tbs Worcestershire sauce & 1 to 2 Tbs Kitchen Bouquet. Add consomme, a bit of garlic & red wine. Pour over shanks in baking dish & simmer in oven 3 1/2 to 4 hours. Serve with wild rice.

CUPID'S SWEET & SOUR PORK

1 1/2 lb lean shoulder pork
1 Tbs fat
1/2 cup water
1/4 cup brown sugar
2 Tbs cornstarch & 1 tsp salt
1/4 cup vinegar & 2 Tbs soy sauce
1 1/4 cup pineapple juice
3/4 cup chopped green pepper
1/4 cup thinly sliced onion
1 #2 can pineapple chunks

If it is true that the way to man's heart is through his stomach, then surely the vehicle for the journey to my husband's heart was SWEET-SOUR PORK. The recipe came from my sister-in-law who made it first when she was dating my brother. Its success for her prompted the sending of it to me soon after I met my now-husband of just a year.

Karen Kahne

Cut pork into strips 2" long & 1/2" wide. Brown meat slightly in fat. Add water, cover & cook slowly, or simmer, for 1 hour. Combine brown sugar, cornstarch, salt, vinegar, soy sauce & pineapple juice. Cook in saucepan until slightly thick, stirring constantly. Pour mixture over pork & let stand 10 minutes. Add green pepper, onion & pineapple. Cook only 2 or 3 minutes longer. Serve with hot rice or noodles.

BARBECUED PORK CHOPS: Combine in a saucepan 1/2 cup ketchup, 2 Tbs vinegar, 2 Tbs brown sugar, salt & pepper to taste. Bring to a full boil & boil for 2 minutes. Cook pork chops over hot coals very slowly, basting with this sauce every time you turn the chops. *This method for barbecuing chops is a great favorite with guests!*

Dale Pence

FILBERT STUFFED ROAST LOIN OF PORK

*A delicious & different tasting pork roast
stuffing from our filbert growing friend!*

- 6 lb loin of pork with deep pockets
cut between chops
- 1/4 cup each chopped onion, celery &
grated carrot
- 1 clove garlic, crushed
- 1/2 cup each soft bread crumbs & toasted
chopped filberts
- 1/4 cup seedless raisins
- 1 tsp salt & 1/8 tsp cloves
- 1/4 tsp each pepper, sage & thyme
- 1/4 cup Marsala wine & Apricot Preserves

Mrs. Keith Olson

Saute onion, celery, carrot & garlic in 1/4 cup butter until crisp-tender. Combine with crumbs, filberts, raisins, seasonings & 2 Tbs wine; toss lightly. Pack stuffing into pockets between chops. Place meat on rack in shallow pan & bake in 325° oven 3 1/2 to 4 hours or until thermometer registers 185°. About 45 minutes before end of roasting time, spoon mixture of apricot preserves & remaining 2 Tbs wine over the roast.

HINT FROM CHRIS: Here's a great Apple Stuffing for a pork roll, pork chops or between ribs. You can even use it in goose! Cook 1/2 cup chopped celery, 1 chopped onion & 2 Tbs chopped parsley in 1/4 cup melted butter for 5 minutes. Add 4 cups diced, peeled tart apples, 1/2 cup brown sugar, 3/4 tsp salt & 1/4 tsp each sage, marjoram, thyme & pepper. Cook & stir additional 5 minutes & add 2 cups toasted bread cubes.

HAPPY HOUR PORK CHOPS*

6 pork chops (3/4 to 1" thick)
Prepared mustard
Salt, pepper & flour
1 can Chicken Gumbo soup

This has been a favorite in our family for years. Clipped it from a Portland newspaper in my early married life!

Adrienne Sercombe

Spread each side of the chops with prepared mustard. Season with salt & pepper & flour well. Brown both sides in hot fat in heavy skillet. (Can trim some of the fat from chops to use for this.) Pour over can of soup, undiluted. Cover & simmer until meat is very tender, 45 min. to 1 hour. May also bake covered in 350° oven. The sauce is very good served over rice. Serves 6. *Called Happy Hour because you can put them on & settle down for cocktails with friends.

MILANESE BREADED PORK CHOPS

A nice change of pace for company dinners!

6 pork chops, trimmed
1 egg beaten & 2 Tbs milk
1 1/2 tsp salt & 1/4 tsp pepper
1/3 cup grated Parmesan cheese
1/3 cup dry bread crumbs

Bev Weeber

Mix egg, milk, salt & pepper. Dip chops in liquid & then in mixture of cheese & crumbs. Brown in oil on both sides; then bake in 350° oven for 45 minutes. Turn once or twice. Serves 4.

TOAD IN THE HOLE

1 cup each flour & milk
2 eggs
1 tsp salt
Grind of pepper
3/4 lb link sausage

"Flour Power" was the first boys' cooking group at the Salem Boys' Club, taught by Mavis Chitwood. This recipe proved popular with all the boys!

Mavis Chitwood

Combine in the blender flour, milk, eggs, salt & pepper. Blend for 5 seconds, scrape down flour from sides & blend for 30 seconds more. Set aside for about 1 hour. Saute link sausage with 2 or 3 Tbs water until the water has evaporated & sausages are browned on all sides. Drain on paper towels & cut in half crosswise. Pour 1/4 cup sausage drippings into 8" square pan & heat for a few minutes in a 450° oven. Add 1/4 the batter & bake for 5 minutes. Arrange sausages over the batter, pour the remaining batter over them & bake for 15 minutes. Then lower the temperature to 375° & bake 10 to 15 minutes more until well puffed & crusty. Serve with English mustard & apple sauce.

OLD FASHIONED BACON: Get a lean bacon slab & have it sliced at least 1/8" thick. Par-boil in water until transparent; drain on paper towels. Shake well in paper sack with flour & paprika to coat. Fry until golden brown. Either serve immediately or keep warm in a low oven on heavy brown paper. *Peggy's Mother-in-law, Rita Fry, really knew the way to a man's heart was through his stomach. She served this bacon to her family for over 50 years & they still love it!*

Peggy Fry

CHINESE PORK

4 to 4 1/2 lb pork loin roast
1/2 cup sugar
2 cloves crushed garlic
2 Tbs Cooking Sherry
4 drops red food coloring
3 Tbs catsup
1 tsp salt
Sesame seeds

If your butcher is in a good mood, have the pork boned & cut in lengthwise strips. Save bones! If you have a crabby butcher, you can bone it easily with a sharp knife, steady hand & a little patience. If you have a surplus in your grocery budget, you can buy 2 lbs of pork tenderloin.

Rose Hopkins

Roll strips of pork firmly in sesame seeds so the seeds are pressed in. Lay pork in 8 x 8" square pan. Marinate overnight in mixture of remaining ingredients. Bake, covered with foil, in marinade in 400° oven for 1 hour. Remove cover, pour off marinade, turn on broiler & place pork in center of oven. Brown outside, turn & brown other side. (Takes about 10 minutes each side). Cool, slice thin, & serve with sesame seeds & hot mustard.

**GOOD LEFTOVER DISH WITH PORK LOIN BONES: Add bones cut from loin to large can of sauerkraut, 3 Tbs brown sugar, 1 large onion, diced, & 1/2 cup water. Bring to boil, cover & simmer for about 2 hours.*

ELEPHANT STEW: Cut 1 medium-size elephant into small, bite-size pieces. This will take about 2 months. Have ready 2 rabbits (optional), salt & pepper to taste; & brown gravy (lots). Add enough brown gravy to cover. Cook over kerosene fire for about 4 weeks at 462°. This will serve 3,800 people. If more are expected, the 2 rabbits may be added, but do this only if necessary as most people do not like to find hare in their stew.

HAM LOAF "OLD FAITHFUL"

2 lb pork shoulder
1 lb ham
2 eggs, beaten
1 cup cracker crumbs
1 1/2 cup milk
1 can tomato soup

My Mother gave me this recipe (with other favorites & 72 tea towels) when I came out to Salem as a bride. It's truly an "Old Faithful" --delicious served either hot or cold. It makes a large loaf & keeps well.

Jeanne R. Purvine

Have butcher trim fat off meat & grind two kinds together. Mix meat thoroughly with eggs, crumbs & milk. Shape into loaf & put in buttered pan. Pour undiluted soup over top. Bake at 275° to 300° for 2 hours. Drain off part of juices as they accumulate. Serve with Mustard Sauce.

Mustard Sauce: Mix together in double boiler 1/2 cup bouillon, 1 1/2 cups sugar, 1/2 cup cider vinegar, 2 egg yolks, beaten; 1/4 cup butter & 1/2 cup prepared mustard. Stir & cook until thickened.

SWEDISH MEAT BALLS: Combine 1 lb ground ham & 1 1/2 lbs ground pork with 2 cups bread crumbs, 2 well-beaten eggs & 1 cup milk. Mix well & form in small balls; place in baking pan. Mix together 1 cup brown sugar, 1 tsp dry mustard, 1/2 cup vinegar & 1/2 cup water; stir until sugar dissolves; pour over meat balls. Bake in 325° oven for 1 hour, basting often. Makes 16 large or 50 small balls. *These delightful ham balls, from the kitchen of Dottie Delk, are equally good as a main dish or an appetizer!*

GRENADINES OF VEAL A LA FACON DU CHEF

2 to 3 oz pieces veal tenderloin
Salt & pepper
2 Tbs clarified butter
1/2 tsp minced shallots
4 mushrooms, sliced
1/2 oz dry white wine & Cognac
1/2 cup veal stock or consomme
2 oz whipping cream
1/2 oz sherry

This recipe is for an individual serving. I got it from the Bayshore Inn where they garnish it with stuffed prawns, but some nice crab legs, stuffed mushrooms or lobster slices would also do. Serve it with Pilaf or some sort of noodles!

Alan Morrison

Season the grenadines with salt & pepper. Melt butter in small casserole & brown on each side for about 3 minutes. Remove the veal; pour off all but a scant Tbs of butter; add the shallots & simmer for 1 minute. Then add the mushrooms & continue to simmer another minute or so. Add the white wine & cognac; set the liquid to blaze until alcohol burns off. Allow ingredients to cook until pan is nearly dry. Add veal stock & whipping cream. Put veal back in casserole & simmer until veal is cooked & then until sauce reaches desired thickness. If not thick enough, add additional cream & allow to reduce further. If too thick, add more stock. Finish the sauce with some fine sherry.

HINT FROM CHRIS: If you use clarified butter to fry, it won't burn. Or add a little of any cooking oil to the butter you use. To clarify, melt your butter over low heat. Remove & let stand to let milk solids sink to bottom. Skim fat from top, place in container & you have clarified butter, ready for use.

OSSO BUCO

2 or 3 veal shinbones full of marrow
Butter & olive oil
1 tsp salt
1/2 tsp pepper
1/2 cup chopped celery
2 chopped onions
1/2 cup minced carrots
1/2 cup minced mushrooms
1 large tomato, chopped
1/2 tsp crumbled sage
1/2 tsp rosemary
2 cups white wine
1 cup water (about)
Grated rind of 1 lemon
2 Tbs fresh chopped parsley
1 clove garlic

One of the greatest meat dishes in the world--served to Italian royalty. Once you try it, you'll make it again. Can be made ahead & refrigerated after adding vegetables. Then cook for last half hour before serving.

Chris Sayer

Have butcher cut shinbones in 2 or 3" pieces; roll in flour; saute in butter & olive oil, add salt & pepper. Cover with white wine & water; simmer for 1 hour (the liquid should just cover the bones). Add vegetables during last half hour. Just before serving, add the lemon rind, parsley & garlic. Serve with rice or noodles (true Milanese rice is best). There are regular osso buco forks to use for removing the marrow, but any small fork or pick will work.

STUFFED VEAL ON ASPIC

This is for some very special occasion when you are having a large group. It can easily be made ahead since it's served cold--and it looks beautiful.

- 2 onions, chopped
- 2 bunches watercress
- 1 cup chopped parsley
- 18 thin slices white bread with
crusts removed & cut in 3/4" squares
- 1/4 cup milk
- 5 1/2 to 6 lbs boned veal shoulder (or better cut)
- 4 cans (10 1/2-oz) Condensed Beef Consomme
- 2 carrots, finely diced & equal amount of diced celery

Midge Brown

The day ahead simmer 1 chopped onion in 1/2 cup butter in large skillet until tender; remove. In same skillet, saute 2 bunches watercress in 1 Tbs butter 2 or 3 minutes or just until wilted; drain & chop coarsely. In a bowl combine cooked onion, sauteed watercress, parsley, 1 tsp salt, 1/4 tsp pepper, 1/2 tsp rosemary, bread & milk. Rub pocket in veal with additional 1/4 tsp salt & 1/8 tsp pepper; fill with bread mixture & sew up pocket & any other openings. Pour 1 can consomme into a roasting pan; sprinkle with carrots, celery & remaining onion. Set veal on top; cover & bake for 2 hours at 350°, basting occasionally. Uncover & continue baking 1 hour longer. Chill.

Aspic: Meanwhile, make aspic by sprinkling 3 envelopes unflavored gelatin in 1 cup sherry to soften. Heat remaining 3 cans Consomme; stir in gelatin until it dissolves. Pour into a 15x10" pan & refrigerate. Just before serving, remove thread from veal;

Stuffed Veal on Aspic, (Continued)

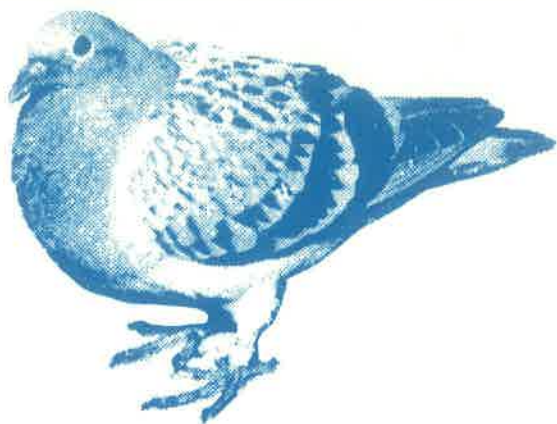
slice thinly; cut aspic into 3/4" cubes. On platter, arrange veal with aspic cubes set around bottom. Garnish with watercress; cut-outs made by pressing tiny aspic cutter into lime peel; & lime slices placed on top of roast fastened with cloves.

CUTLETS MARGUERITE: Cut 2 lbs of veal cutlets into 2" squares. Roll lightly in flour; saute in butter until brown. Butter a casserole; put a layer of veal on bottom; then a layer of sliced mushrooms. Dust sparingly with grated Parmesan cheese. Repeat with remaining veal in as many layers as needed. Pour in 1 1/2 cups chicken broth, 1 Tbs sherry & 1 tsp Worcestershire sauce. Top with Parmesan cheese & bake in a slow oven (300°) for 1 1/4 hours. *This is one of our longtime favorites & it serves 6 to 8, depending on what you serve with it.*

Elizabeth Myers

VENISON BEER STEAK: Saute 4 or 5 sliced onions in 5 Tbs butter until soft & lightly browned. Remove & brown 3 or 4 lbs deer steak (round). After meat is browned, add onions, 2 cloves of chopped garlic, 1 tsp each salt & freshly ground pepper & enough flour to thicken. Add 1 to 1 1/2 pts beer or enough to cover. Cover tightly & simmer until meat is tender. *I married a hunter & have had to learn the hard way not to cook venison & elk. After several over-done attempts, I decided to pretend it is beef & just adapt my favorite beef dishes. Serve this with a tossed salad, thick slices of French bread & plenty of beer.*

Marlene Krebs



TO A BETTER WORLD
I CONTRIBUTE MY MODEST SMIDGIN,
I EAT THE SQUAB LEST IT BECOME A PIGEON.
ODDEN NASH



CHICKEN BOMBAY

4 whole chicken breasts
6 to 8 cups water
Sliced onion, celery & carrot
4 Tbs chicken fat or butter
4 Tbs flour
2 to 3 tsp curry powder
2 cups chicken broth or stock
Salt to taste

Pilaf & Condiments

Cook breasts in water with onion, celery & carrot & desired seasonings until tender. Cool; remove chicken from bones in large chunks; strain & reserve stock. Melt chicken fat or butter; make a roux with flour & curry powder; add broth & salt to taste; cook & stir to make medium thick sauce. Add chicken & serve over Pilaf.

Pilaf: Brown 1 tsp curry in chicken fat or butter; add 2 cups raw rice (or 1 cup rice & 1 cup bulgur wheat or Ala); cook until rice is golden brown. Add 4 cups chicken stock & garlic salt to taste. Cover & cook over low heat 20 minutes. Add 1 cup yellow raisins that have been plumped in boiling water. Serve with chicken sauce & condiments.

My favorite condiment suggestions:

*Chopped nuts, peanuts or almonds
Chutney
Minced green onions, (tops, too)
Sieved hard-cooked eggs
Grated coconut
Raisins, dark or golden
Minced green pepper
Minced raw tomato*

Lee Ford

CHICKEN - ARTICHOKE CASSEROLE

2 broiler-fryers (about 3 lb) cut up
Bouquet-garni
1 Tbs salt & 1/4 tsp fresh ground pepper
2 cups water
2 (10-oz) pkgs frozen artichoke hearts, thawed
1/2 cup fine dried bread crumbs
1 tsp each savory & thyme

This great recipe came originally from Mrs. Spencer Snow in Portland. Janet says it has since become one of her very favorites!

Janet Boise

Place chicken pieces, bouquet garni, salt, pepper & water in large pan. Cover & simmer 1 hour or until tender. Cool in stock; remove meat from bones in good-sized chunks; arrange in 3 qt casserole with artichoke hearts. Reserve stock. Pour sauce over chicken & hearts. Sprinkle with bread crumbs, herbs & dot with 2 Tbs butter. At this point, you may refrigerate until ready to use. Bake at 350° for 30 minutes. Serves 8.

Cheese Sauce: Melt 1/4 cup butter; blend in 1/4 cup flour until smooth. Gradually add 2 cups chicken stock, stirring constantly until thick & smooth. Stir in 3 cups shredded cheddar cheese & 1/2 tsp nutmeg.

HINT FROM CHRIS: You can purchase Bouquet Garni's already assembled in gourmet departments & they are nice to have on hand. If not, make by wrapping 1 or 2 sprigs of parsley, 1 celery top, 1 carrot quarter, 1 bay leaf & 1 tsp thyme in cheese-cloth. Tie with long string & remove when meat is tender.

CHICKEN DIVAN

2 whole chicken breasts, halved
1 pkg frozen broccoli spears
1 can Cream of Chicken soup
1/2 cup mayonnaise
1/4 to 1/2 tsp curry powder
1 Tbs lemon juice
Grated parmesan cheese
Bread crumbs

Saute chicken breasts & remove meat from bone. Cook broccoli slightly; drain. Combine soup, mayonnaise, curry powder & lemon juice. Arrange broccoli in baking pan; place chicken on top; pour soup mixture over all. Sprinkle with cheese & bread crumbs & bake at 325° for 30 minutes.

HINT: Pam Skopil also sent us a recipe for Chicken Divan. She doubles the above ingredients to serve 8 & adds 1/2 cup shredded sharp cheese & 1/2 cup parmesan cheese to the sauce. She then sprinkles the top with 1/2 cup soft bread crumbs & an additional 1/2 cup parmesan cheese. If refrigerating, Pam says to extend the cooking time to 45 to 55 minutes at 350°. Everyone should ask for seconds!

This is delicious with chicken livers & gizzards. It can be made ahead & heated later--or frozen & used later!

Mrs Pam Hill

Pam Skopil

GOURMET CHICKEN

2 to 3 cups cooked, diced chicken
1 to 1 1/2 cups sauteed celery &
onion, water chestnuts, mushrooms,
pimiento, almonds, etc.
Salt, pepper, chopped chives &
poultry seasoning
Cream of Chicken soup, undiluted

This combination of roll, filling & topping makes a delicious luncheon entree with a simple fresh fruit accompaniment. It also may be made ahead & varied with different types of fillings & soup combinations. Serve it either hot or cold!

Mrs Val D. Slyer

The roll is delicate so your filling should also be seasoned with a delicate touch. Combine ingredients; add enough soup to hang mixture together. Heat on top of stove if serving roll immediately. If making ahead, spread on roll; re-roll; refrigerate or freeze; thaw & bake at 350° for 20 to 30 minutes or until thoroughly heated. Cut in wide slices to serve & top with mixture of a little mayonnaise & a touch of mild sherry or white wine added to 1 pt of sour cream. Mix will heat from heat of roll. Sprinkle with chives, parsley & almonds.

Roll: Make a roux of 4 Tbs butter, 1/2 cup flour & a pinch of salt; stir with wooden spoon with a hole in it over moderate heat until bubbly. Add 1 pt milk slowly, stirring until thick. Add 4 egg yolks, one at a time, stirring constantly. Then add 1 tsp sugar & cool. Fold in 4 stiffly-beaten egg whites; pour into greased jelly-roll pan (lined with waxed paper, re-greased with clarified butter or oil, & dusted with flour). Spread out in pan; bake at 325° for 45 minutes or until done. Invert on waxed paper covered towel; trim edges of roll if desired; peel off waxed paper & roll immediately as for jelly roll inside of towel.

CHICKEN WITH GRAPES (Serves 4)

4 Cornish hens
1/2 lemon
12 strips of bacon
1/2 lb butter
2 1/2 lbs seedless grapes
1/2 tsp salt & pinch white pepper
1 tsp MSG
2 cups Rhine or Moselle wine
1/2 cup fresh chopped parsley
2 tsp thyme (fresh if possible)
1/2 cup fresh chopped shallots
8 whole peppercorns

This is an unusual combination of ingredients & makes quite a company dish. When you remove the top from your pot, a most beautiful aroma will fill the room!

Anne Henney

Recipe requires a 4 qt pot with cover (should be enamel or Teflon lined). Rinse out insides of hens, pat dry & rub inside with lemon. Put half the bacon into pot, render some of the fat, remove excess fat, add butter. Over low heat brown the hens on the bacon, about 8 minutes on each side. Remove hens; stuff with grapes; season with salt, pepper & MSG. Put in pot on cooked bacon. Add wine, parsley, thyme, peppercorns & shallots. Cover with remaining bacon & balance of grapes. Cover tightly & put in preheated oven at 375°. Cook for 1 hour & 15 minutes. DO NOT REMOVE TOP UNTIL IN THE DINING ROOM.

CHICKEN KAMER FLAMBE

6 chicken breasts (or more)
Salt & white pepper
Flour
Cashew nuts, crushed
Saffron rice
Sweet & Sour sauce

I got this 3-part recipe from Chef Arthur Weber who is Ron's Uncle. He is the Chef at a private Country Club in California & I'm sure he won't mind if I share with you!

Marlene Krebs

Season chicken; roll in flour; fry in 1/2 butter & 1/2 lard mixture to light golden color. Take out & roll in crushed cashew nuts. Place in pan & cover with foil. Bake at 375° for about 30 minutes. To serve: Place chicken in center of dish surrounded with rice. Pour sauce over chicken; add some brandy & flambe!

Saffron Rice: Glaze 2 cups rice in 1 soup spoon lard & 1 soup spoon butter, mixed. Add 2 tsp salt, 1/2 tsp white pepper, 1 tsp sugar, 4 cups boiling water & 1/2 cup saffron tea (made by steeping 1/8 tsp saffron in 1/2 cup boiling water). Cover & place in 350° oven for about 30 minutes.

Sweet & Sour sauce: Combine in saucepan, 2 cups apricot juice, 1/2 cup each sliced kumquats, pineapple wedges, pickled watermelon & sliced almonds. Thicken with cornstarch & a bit of juice, blended & returned to pan.

CHICKEN KIEV

8 chicken breasts, boned & halved
1 tsp salt & 1/4 tsp pepper
Prosciutto or boiled ham (sliced thin)
2 eggs
1/4 cup half & half
1/2 cup flour
1 cup fine dry bread crumbs
Grated cheddar cheese (optional)

I concocted this for a bridge luncheon one day with the help of friends. It drew raves & we think it makes an equally delicious main entree.

Janet Boise

Pound breasts; sprinkle insides of the 16 pieces with salt & pepper. Cover each with 1/2 thin slice of prosciutto or boiled ham. Place a cylinder of mushroom butter at one end of each & add a small amount of grated cheddar cheese, if desired. Starting at butter end, roll breasts tightly, folding in edges to enclose filling. fasten with small skewers or toothpicks. Beat eggs with half & half. Coat chicken with flour, eggs & bread crumbs. Pour salad oil into frypan to depth of about 1/2 inch; heat to 350°. Fry chicken rolls in oil until well-browned, about 4 minutes on each side. Use tongs to turn. Drain on paper towels. Refrigerate at this point & reheat in 325° oven for 30 to 45 minutes before serving. Top with mushroom sauce & pass additional sauce.

Mushroom Butter: Blend 1 cup soft butter, 1/2 lb mushrooms (finely chopped) & 1/4 cup each chopped chives and parsley. Shape into 16 cylinders 1 1/4 x 1 3/4 inches. Chill.
(continued)

Chicken Kiev, continued

Mushroom Sauce: Melt 6 Tbs butter. Add 1 cup thinly sliced mushrooms & saute for 3 min. Stir in 1/4 cup flour. Combine, heat & stir in slowly 2/3 cup half & half, 1 1/2 cups chicken broth & 1/2 cup dry white wine. (Proportions may be changed to suit taste.) Season, if required, with salt & paprika. Stir & cook sauce for 2 minutes.

CHICKEN BREASTS A LA PROSCIUTTO

6 large single breasts, boned & skinned
Salt & pepper
1/3 cup flour
8 Tbs butter
1/2 cup dry white wine
4 Tbs dry sherry
3/4 lb large mushrooms, thinly sliced
6 thin slices Italian prosciutto ham
6 thin slices Gruyere cheese

This comes from a collection of favorite recipes of the performers of the Metropolitan Opera in New York City.

Diana Kilinski

Sprinkle breasts with salt & pepper. Dust lightly with flour. In skillet, saute chicken in 6 Tbs of butter until golden brown (10 minutes each side). Arrange chicken on warm ovenproof platter. Pour wines into skillet. Simmer for about 7 minutes to reduce sauce. Meanwhile saute mushrooms in remaining 2 Tbs butter until soft (do not brown). Arrange over chicken; pour on reduced wine sauce; top each breast with slice of prosciutto & a slice of cheese. Broil just until cheese begins to melt.

CHICKEN L'ORANGE

An easy but elegant entree served with rice!

6 chicken breasts	1 1/2 tsp ground cloves
Salt, pepper & flour	3/4 tsp ground ginger
3 Tbs butter	1/2 cup golden raisins
1 1/2 pt orange juice	1/2 cup sliced almonds
4 drops Tabasco sauce	1/2 cup Grand Marnier

Mary K. Compton

Bone chicken & toss in salt, pepper & flour; brown lightly in butter; pour off fat. Mix orange juice, Tabasco sauce, cloves & ginger; pour over chicken; simmer 15 minutes. Add raisins, almonds & Grand Marnier. Simmer 15 minutes more or until chicken is done. Garnish with thin slices of oranges & for elegant effect, flame 1/4 cup Grand Marnier & pour over before serving.

CHICKEN & NOODLES: Simmer a whole chicken (stewing hen or fryer) in water until tender with salt & pepper to taste. Cool; remove meat from bones in chunks; save broth. Stir together with fork 2 eggs, 1/2 tsp salt & 3/4 cup flour to make a very stiff dough. Turn out on floured surface; knead in additional flour to remove all stickiness; roll with rolling pin until paper thin, adding additional flour to keep from sticking. Let dry for 1/2 hour or add enough flour to roll up immediately & slice off into 1/4" slices. Unroll long strips; drop entire batch of noodle strings into boiling salted water to doubly cover; simmer about 15 to 20 minutes; drain & rinse with cold water. Add to the chicken broth with the meat chunks & reheat to serve. *This is a longtime Sunday dinner favorite!*

Milo Bearmeine

CHICKEN REISLING

1 chicken (cut up)
1 sm jar cocktail onions & 1/2 jar juice
1 sm can mushrooms
Clove of garlic (or garlic powder)
Bay leaf & parsley
1/2 cup water
1 cup to 1 bottle Reisling wine
1/2 cup sour cream

Combine all ingredients except sour cream in casserole with chicken & cook, covered, 2 hours or longer if desired. Add water if needed during the cooking. When ready to serve, remove chicken; add sour cream to the sauce; spoon 1/3 sauce over chicken on platter & place remaining sauce in ceramic fondue pot or warmed bowl to use as a dip at dinner with cubes of French bread. Or spoon all the sauce over the chicken.

CHICKEN COOKED IN CHAMPAGNE: Bone 6 chicken thighs with sharp scissors. Mix 1 cup flour with 1/2 cup bread crumbs, 1/2 tsp each salt & pepper, & 1/4 tsp nutmeg. Roll chicken in mixture & pound with meat cleaver until it assumes shape of steak 3/8" thick. Beat 1 egg slightly with 3 Tbs canned milk; dip chicken in mixture & fry in oil until slightly golden (don't overcook). Drain on paper towel. For sauce: Place in electric frypan 1 small can mushrooms, 2 Tbs butter or margarine & 1/2 cup water. Heat, stirring occasionally, until butter melts. Place chicken steak flat in pan; remove from heat; pour in 1 cup dry champagne; cover & warm for 1 minute prior to serving. *This is another great specialty from our Portland gourmet friend, Olimpia Bradshaw!*

I belong to a Creative Cooking study group of the AAUW. We cook meals mainly from one country & then study the country. This dish, a great success at our German dinner, is one I serve frequently.

Carol Neiger

SEASHORE CHICKEN

2 1/2 cups sour cream
1 tsp each salt & thyme
1/2 tsp each tarragon & paprika
1/4 tsp garlic powder
3 chicken breasts, split
2 cups corn flakes, crushed
1/4 cup butter
1 cup cooked shrimp

Mix together sour cream & seasonings. Dip chicken breasts in this mixture & then in crumbs. Reserve left-over sour cream sauce. Melt butter in shallow baking dish; arrange chicken breasts in single layer, skin side down. Bake 45 minutes at 350°; turn & bake 20 minutes more. Add shrimp & olives to reserved sauce; heat slowly; spoon over cooked chicken breasts. Garnish with parsley.

The chicken breasts will dry out if you try to hold them, so I put this dish in the oven when the guests arrive & by the time the cocktail hour is over & late arrivals are present, everything is ready. Excellent cold if you are lucky enough to have any left over!

Cherie Bonestuee

SOUR CREAM CHICKEN BREASTS: Combine 2 cups sour cream with 1/4 cup lemon juice, 4 tsp each Worcestershire sauce & celery salt, 1 tsp paprika, 1/2 tsp each salt & pepper & 2 minced garlic cloves. Add 6 boned whole chicken breasts to mixture, coating each piece well. Let stand overnight in refrigerator. Remove breasts from mixture; roll in bread crumbs; arrange in greased baking pan in single layer, rolled up, side by side. Spoon 1/2 cup melted butter over top & bake at 350° for 1 1/2 hours. *In this recipe, lemon juice & sour cream soak into the chicken & make it very tender, moist & different!*

Bobbie Berg

CHICKEN SUPREME

*This is a good luncheon dish because it all
can be assembled the day before it's needed!*

8 chicken breasts	1 cup cooked wild rice
1/2 cup chopped onion	1 cup sliced mushrooms
1/2 cup chopped celery	1/4 cup diced pimiento
1/4 cup flour	2 Tbs chopped parsley
1 1/2 cups <u>each</u> chicken	Salt & pepper
broth & light cream	Slivered almonds

Gently simmer chicken breasts in water to cover for 1 hour with a chopped carrot & onion, celery stalk, parsley, 1/2 tsp each marjoram & thyme, & salt & pepper. Cool; remove meat from bones; cut in inch chunks; reserve strained broth. Brown the chopped onion & celery in margarine; remove from heat & stir in flour. Gradually add chicken broth, slowly reheating. Add cream, stirring constantly until thick. Add rice, mushrooms, boned chicken, pimiento, parsley and salt & pepper to taste. Pile into 2-qt casserole; sprinkle with slivered almonds & bake at 325 for 30 minutes.

CHICKEN 'N DRESSING SCALLOP: Prepare 1 (8-oz) pkg herb-seasoned dressing according to directions for dry dressing. Spread in 13x9x2" baking dish; top with 3 cups cubed, cooked chicken. In large saucepan, melt 1/2 cup butter; blend in 1/2 cup flour, 1/4 tsp salt & dash pepper. Add 4 cups chicken broth; cook & stir until thickened. Blend into 6 slightly beaten eggs; reheat, stirring; pour over chicken. Bake in 325 oven 40 to 45 min. or until set. Let stand 5 min.; cut into squares; serve with Pimiento Mushroom Sauce, made by mixing together 1 can condensed Cream of Mushroom soup, 1/4 cup milk, 1 cup dairy sour cream & 1 cup chopped pimiento. Heat, stirring. *This is especially good for church pot-lucks or club luncheons--a great favorite of ours!*

Pat Miller

Leona Gilmore

CHICKEN ALA YUMMY

3 whole, uncooked chicken breasts, halved
6 uncooked chicken thighs
1 large onion, separated into rings
1 large lemon, sliced
Marinade & steamed rice

This casserole chicken has both eye & taste appeal. It also may be prepared well ahead of time!

Mrs. Lorene Shangle

Arrange chicken pieces in a shallow rectangular baking dish suitable both for marinating & later baking. Pour marinade over top; then slice & arrange on top the onion & lemon pieces; marinate for 2 hours or more. Bake 1 hour & 15 minutes at 400°, turning chicken once. Baste several times during baking, adding more sherry & water mixed in equal parts if necessary. Arrange chicken on large platter around mounds of steamed rice. Spoon sauce over all & pass additional in separate bowl. Serves 6.

Marinade: Combine 1 cup each cooking sherry & Wesson oil; add 1 clove garlic, slivered; 1/2 cup each Worcestershire sauce & lemon juice; 1 Tbs thyme; 1 cup sliced ripe olives; 1/2 lb sliced fresh mushrooms; 1/2 cup sliced celery; & 1/4 cup chopped parsley.

HOT CHICKEN SALAD: Combine 2 cups cubed chicken or turkey, 2 cups sliced celery, 1/2 cup slivered almonds, 1 cup mayonnaise, 2 Tbs lemon juice, 1 tsp onion salt & 1/2 tsp salt. Pile lightly in casserole. Sprinkle with 1/2 cup shredded cheddar cheese & 1 cup potato chips (crushed). Bake 15 minutes or until well heated through at 400°. *This recipe serves 4 to 5 & makes a nice bridge luncheon dish. It is simple but delicious & was given to me by a bridge-playing friend.*

Jean McAlister

PROMISES - PROMISES

4 lb chicken breasts (skinned & halved)
6 Tbs flour
1 1/2 tsp salt
1 tsp each pepper & paprika
4 Tbs butter
1 (16-oz) can artichoke heels
1 large can big mushroom buttons
2 bouillon cubes
1/4 cup sherry

Shake chicken in salt, pepper, paprika & 3 Tbs of the flour. Brown in butter; arrange in large attractive baking dish (to serve from) with artichokes & mushrooms. In same pan in which you browned chicken, mix remaining 3 Tbs flour; add 1 or more cups of water & 2 bouillon cubes, stirring constantly until thickened. Add sherry & pour over chicken. Bake for 2 hours at 325°.

HINT FROM CHRIS: This CHICKEN FAVORITE from Gus Kalberer of the Restaurant Supply Co. is very delicious! Brown desired number of chicken breasts & thighs in butter & oil; season with salt & pepper; cook just until tender. Combine in saucepan 2 large onions, finely-chopped; 2 green peppers, finely-chopped; 1 clove minced garlic; 1 1/2 tsp curry powder; 1 tsp salt; dash pepper; 1/2 tsp thyme; 2 large cans peeled tomatoes; 1/4 cup sugar; 2 Tbs chopped parsley & 1 cup currants. Cook until hot & slightly thick. Serve chicken on bed of rice; pour sauce over top; sprinkle with slivered almonds.

I enjoyed serving this when Farley was the U.S. Marshal & we lived in our "mini" penthouse at the Ione Plaza where our view was more spacious than our dining area! This recipe was a real hit with our theater guests on the evening of "Promises-Promises" so I will name the dish after the pleasant evening!

Nee Mogan

QUAIL EN CASSEROLE

32 Quail breasts (may use Doves)
1/2 cup salad oil (or 1/2 butter & 1/2 oil)
2 carrots, finely chopped
1/2 cup chopped green onion
2 cups sliced fresh mushrooms
4 Tbs flour
3 cups chicken stock
1 cup dry white table wine

*I find this is an excellent way to serve
the quail & dove many Salem husbands
bring home!*

Shari Marsh

Salt birds & brown in heated oil; remove to heated casserole. Saute vegetables about 5 minutes slowly in remaining oil until soft but not brown. Blend in flour; gradually stir in stock; cook, stirring until mixture is thickened & smooth. Taste & season with additional salt if needed; pour sauce over quail. Add wine; cover & bake at 350° for 45 minutes to one hour. Serves 8.

QUAIL OR DOVES MARSALA: Fry out three strips of bacon; remove & add 1/4 lb butter to grease. Brown 1 dozen quail or dove (4 to a person) in drippings. Squeeze the juice of 1 lemon over the browned birds. Add 1 cup Marsala wine & some chopped onion. Simmer for 10 minutes & serve with sauce spooned over birds.

Peggy Fry

HINT FROM CHRIS: For poultry & rabbit, use sage in the stuffing or gravy. Another trick is to rub all fresh meats, poultry & game with Beau Monde seasoning salt one hour before cooking!

FIX AHEAD PHEASANT

1/4 cup flour & 1 tsp paprika
1 tsp salt & dash of pepper
6 pheasant breasts, skinned
1/4 cup butter
2 Tbs flour & 1/2 tsp salt
1 1/4 cups light cream
1 (3-oz) can sliced mushrooms
1 Tbs lemon juice
1/2 cup shredded Swiss cheese

In advance combine flour, paprika, salt & pepper; coat pheasant. Brown in butter; add 2 Tbs water; cover & simmer 30 minutes. Place pheasant pieces in shallow baking dish; save drippings. Stir remaining flour & salt into drippings; add cream slowly; cook & stir until thickened & bubbly. Add drained mushrooms & lemon juice. Pour over pheasant, cover & chill up to 24 hours. Bake 60 minutes, covered, at 350°. Sprinkle with cheese & bake uncovered until cheese melts, about 10 minutes longer.

PHEASANT & CELERY: Dust pheasants (pieced) in flour, salt, pepper & paprika; brown in frying pan until golden. Place in baking dish on a bed of chopped celery about 1" deep (approximately 1 bunch celery). Pour 1 can undiluted Beef Consomme over the top; sprinkle with paprika; bake, uncovered at 350° for 1 hour. *You can brown the pheasant & put it on the celery early in the day. Add Consomme just before baking. My Mother-in-law, Kay, showed me this favorite years ago!*

You can vary this by substituting a bit of white wine for some of the cream, but the Swiss cheese & lemon juice really add great flavor!

Gerry Chaffin

Colleen Walton

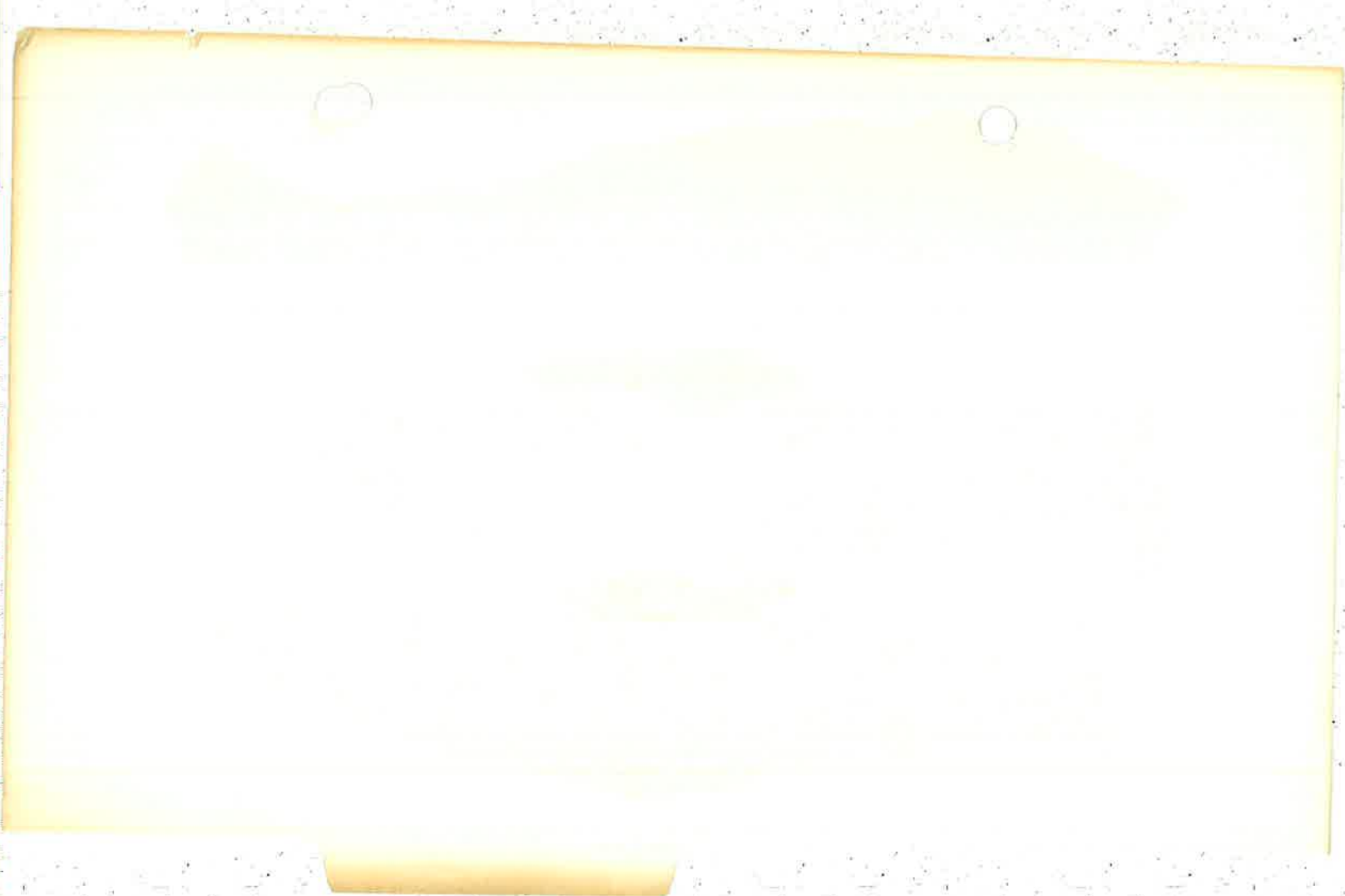


No human being; however great or powerful,
was ever so free as a Fish.

John Ruskin



SEAFOOD



COQUILLES SAINT-JACQUES A LA PARISIENNE

1/2 lb scallops, sliced
1/3 cup dry vermouth
1 cup sliced mushrooms
1/2 tsp salt, dash of white pepper & lemon juice
1/2 bay leaf & 1 Tbs minced shallots or scallions

A much requested family favorite--as an appetizer or main course. A real plus is that it can be prepared the day before!

Ann Tilden, Forest Grove

Place scallops in saucepan with other ingredients; add water if necessary to cover. Bring to simmer; cover pan & simmer very slowly for 5 minutes. Remove scallops & mushrooms to a bowl & rapidly boil down cooking liquid to 1/2 cup. Reserve for sauce.

Scallop Sauce: Melt 2 Tbs butter in pan; stir in 2 Tbs flour & cook slowly 2 minutes without browning. Remove from heat & beat in 1/2 cup hot scallop liquid. Stir with wire whip over moderate heat until thickened; thin with about 1/3 cup milk. Beat 1 egg yolk with 1/8 cup heavy cream; add a few Tbs of hot sauce; return mixture to hot sauce. Stir & cook just until it comes to a boil, thinning as necessary with more cream or milk. Season with salt, white pepper & lemon juice to taste. Fold 2/3 of sauce into scallops & mushrooms; spoon into lightly buttered shells or baking dish; spoon remaining sauce on top & sprinkle with 2 Tbs grated Swiss cheese & 2 tsp melted butter. Refrigerate if not serving immediately. Reheat to bubbling under moderately hot broiler.

HINT FROM CHRIS: A new addition to food markets is freeze-dried mushrooms. They are remarkably easy to use & identical to fresh. There really is no need to even soak them; just measure the amount you need & toss them into cooking mixture.

BARBECUED DUNGENESS CRAB

- 2 cracked crabs (1/2 per person)
- 1 qt water
- 1 1/2 Tbs Worcestershire sauce
- 6 large stalks celery, sliced
- 2 to 3 cloves garlic, crushed
- 1 Tbs each curry powder & chili powder
- 2 tsp cumin seed
- 4 to 5 bouillon cubes

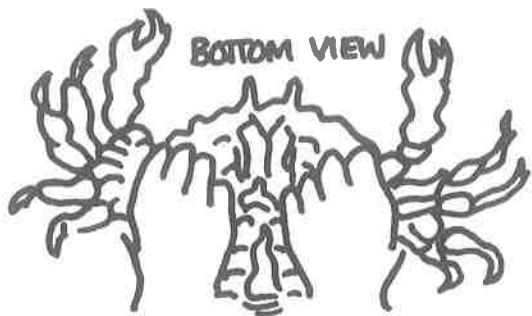
This recipe came to my Mother from San Francisco, way back before T.V. It was used at our beach house all the time I was growing up & then during my own children's childhood--as well as by several habitues of the old joint! The unusual part is that I have never seen it in print anywhere!

Mary and Jim Hulson

Boil water, Worcestershire, celery & garlic together for 30 minutes. Add curry, chili powder & cumin seed & simmer for 30 minutes. Strain & add bouillon cubes. Stir until dissolved & pour over 2 cracked crabs with shell & body meat in pieces. Simmer over low heat on stove or in oven for approximately 30 minutes, stirring once or twice. The sauce may be made ahead, refrigerated & transported on beach trips, etc. Serve sauce in individual small bowls for dunking toasted garlic or herb bread. Many napkins, picks & a large bowl for discarded shells are handy! Artichokes or green salad are a good accompaniment & if you are lucky enough to have crab left over it will be marvelous in a tossed salad later. I have served as many as 26 people for dinner by enlarging this recipe & it appeals to finicky child-types as well as adults. Try to keep them away!

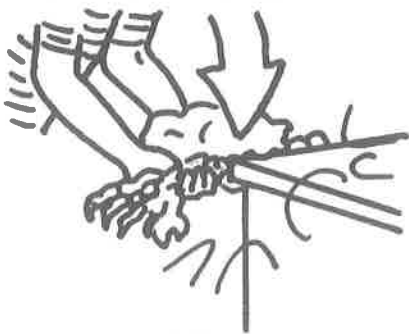
HINT FROM CHRIS: When you serve a slice of lemon for a cocktail or fish dish, wrap it in some nylon netting (any color) & tie in pouf. It is easier to squeeze & handle & also makes a nice table decoration.

HINT ON CLEANING & COOKING CRAB: The time-honored method of cooking crab has always been to plunge them alive into boiling sea water for 15 minutes--which requires a large pot if you have a good catch! Here's a much simpler method where the crab is killed & cleaned before cooking so that only the meat & surrounding shell is cooked. It not only saves a great deal of space in the cooking pot; it also cuts down some of the odor, makes subsequent cleaning less messy, & makes you feel less like a cannibal boiling missionaries!



Step 2: Strike front edge of the shell sharply against it. You will find that much of the crab's entrails will peel away --like shelling a walnut! Then twist the two leg joints together which will snap them in half along the front-back centerline of the crab.

Step 1: Grasp crab by upper leg joints & pull them back from the front face of his main shell. This will expose the front edge of the shell. Find a protruding object (such as sharp edge of a table, stair, rock, etc.).



Step 3: Brush off clinging chunks of entrails & shell fragments or squirt with strong spray from garden hose. Cook in boiling salted water for 15 minutes as quickly as possible!

Angie Ealy

CRACKED CRAB IN WINE BROTH

1/4 cup butter or margarine
1 large onion, finely chopped
2 cloves garlic, minced or mashed
1/2 tsp liquid hot pepper
1/8 tsp cayenne
1/4 cup chopped parsley & 1 bay leaf
1 can (14-oz) chicken broth
1 bottle (4/5 qt) dry white wine
2 large cooked Dungeness crabs, (2 lbs each) cleaned & cracked

In a large kettle (5 qt size), heat butter until bubbly; stir in onion & garlic & cook over medium heat until onion is soft. Stir in hot pepper seasoning, cayenne, parsley, bay leaf, broth & wine; heat to simmering. Add crab, cover & simmer about 10 minutes, or until crab is heated through. Ladle crab & sauce into individual bowls. Serves 4.

Glenda Kerr

CRAB & MUSHROOM RAMEKINS: Saute 1/2 lb sliced mushrooms in 2 Tbs butter over medium heat until golden. Reserve a few for garnish. Sprinkle remaining mushrooms with 1 1/2 Tbs flour & stir until bubbly. Remove from heat & slowly add 2/3 cup white wine. Return to heat & cook, stirring until thickened. Stir in 1/2 cup sour cream, 3/4 cup grated Swiss cheese & 3/4 lb crabmeat. Season to taste with salt & pepper. Spoon mixture into 2 individual baking dishes; garnish with reserved mushrooms & toasted, slivered almonds. Cover & refrigerate if making ahead. Bake uncovered for 10 to 15 minutes at 325° (or a few minutes longer if refrigerated). *This is a very elegant dish for two!* Dorothy Heiber

CRAB LASAGNE (serves 6 to 8)

1/2 lb cooked lasagne noodles
2 cans frozen shrimp soup
2 cans crab (fresh is better!)
2 cups small curd cottage cheese, mixed
with 6-oz cream cheese, 1 egg, 2 tsp ba-
sil, salt & pepper, & 1 medium chopped onion
4 tomatoes, thinly sliced

Thaw soup, add crab & heat thoroughly. Combine cottage cheese mixture. Place layer of noodles in buttered casserole; add half of cottage cheese mixture; then add entire mixture of crab & soup. Cover with remaining noodles; add remaining cheese mixture & cover with tomato slices. Bake covered 15 min. at 350°. Remove from oven; cover with grated cheddar cheese; bake 30 min. more. Cover with foil & let stand 10 or 15 minutes.

HANG TOWN FRY: Fry 1/3 lb sliced bacon; drain. Saute 2 Tbs each finely-chopped green pepper & green onion in 2 or 3 Tbs butter; set aside. Drop 1 doz small oysters in flour, 1 beaten egg & 1 cup fine bread crumbs; fry lightly in butter until golden. Add a little butter & bacon fat to a clean 10" skillet. Lightly beat 8 eggs (or 2 per person) & season with salt & pepper. Pour half into skillet; arrange oysters atop; sprinkle with bacon, onion & green pepper. Pour rest of eggs over; cook over low heat until bottom sets. Then finish cooking in slow oven until firm. *This is a San Francisco dish with many variations, but I like this one best! You cut it into wedges to serve & it is plenty for 5 people.*

This recipe came to me from a friend in Lake Oswego. It's a joy to use as it is a make-ahead never-fail type of casserole & is perfect for a Buffet. I like to add extra crab & shrimp--naturally making it better! A double recipe fills a 10 x 15" pan & can be frozen.

Bootsie Spurt

B. J. Simmons

HALIBUT FLORENTINE

1 1/2 lb halibut fillets
1 cup medium white sauce
1 pkg frozen chopped spinach
3/4 cup grated sharp cheese
3 green onions, finely chopped
1 cup water, 1/4 cup dry white wine
& 4 Tbs lemon juice
2 egg yolks or 1 egg

This recipe was the answer to the prayers of a fisherman's wife. Any mild fish that can be cut into fillets can be used. The original recipe came from Tarantinos in San Francisco!

Mrs. Myron Dean

Make white sauce; cook spinach & drain well; grate cheese; chop onion. Simmer fish 5 minutes in water, wine & lemon juice; remove from broth to buttered shallow casserole. Boil broth uncovered until reduced to about 3/4 cup; gradually add to white sauce. Blend in spinach, onion & 1/4 cup cheese; season with salt & pepper to taste. Bring to boiling point & remove from heat. Quickly stir in slightly beaten egg yolks & pour over salt & peppered fish in casserole. Sprinkle remaining grated cheese atop & dot with 1 Tbs butter. Bake at 400° about 10 minutes or until bubbly & golden. Makes 4 to 6 superb servings.

FINNAN HADDIE: Place 1/2 lb filleted boneless finnan haddie per person (at room temperature) in greased casserole. Cover with milk; add seasoned pepper & dot with butter. Bake uncovered in a slow oven, 250 to 300°, for 45 minutes to an hour, depending on thickness of fish. Do not let milk curdle. *Serve in soup bowls with wedge of lemon or lime; accompany with hot crusty sour dough French bread broken in chunks. This makes a good Sunday breakfast!*

Archie Goff

HALIBUT STEAKS IN SOUR CREAM

2 to 3 lbs halibut steak
2 cups sour cream plus 2 Tbs lemon juice
1/4 cup each minced onion & chopped dill pickle
2 Tbs each chopped parsley & pimiento
1/2 tsp each dry mustard & sweet basil

This is a simple company dinner for fish lovers. It serves 6 to 8 & can be made ahead!

Grita Dye

Arrange steaks in baking pan; dust with salt. Combine remaining ingredients & spread over top. Sprinkle with 1/4 cup Parmesan cheese & paprika. Bake 25 minutes at 375°.

SPANISH BAKED FISH (serves 6)

3 lbs white fish, sliced
1 onion, thinly sliced
1 1/4 tsp salt & 1/4 tsp each
pepper, red pepper & mace
6 thick slices tomato
3 Tbs snipped green onion tops
2 Tbs chopped pimiento

1 cup sliced mushrooms
1/4 cup dry white wine
1 cup dry bread crumbs
1/2 cup melted margarine

This recipe, clipped from a local newspaper several years ago, is a real favorite at our house!

Henriette Hamner

Wipe fish with damp cloth. Spread 1 tsp salad oil in bottom of baking dish; cover with onion slices; place fish slices on top. Sprinkle with seasonings; top with tomato slices; sprinkle with onion tops & pimiento; scatter with mushrooms; add wine. Brown crumbs in margarine; sprinkle over all. Bake uncovered at 350° for 35 minutes.

TUNA FISH PIE

1 small chopped onion	1/2 cup milk
4 Tbs butter	1 cup <u>each</u> diced potatoes
1 Tbs flour <u>plus</u> 3/4 tsp	& celery, chopped fine
salt & 1/8 tsp pepper	1 (12-oz) can tuna
1 3/4 cups water	3 hard-boiled eggs (diced)
2 chicken bouillon cubes	Baking powder biscuits

*We have made this family favorite for years
& it is just right for a light supper!*

Mrsula B. Peice

Saute onion in butter until golden; add flour & seasonings; stir until bubbly. Add water & bouillon cubes; stir until thickened. Add milk, potato & celery; then tuna & eggs. Put into buttered casserole & top with baking powder biscuits. Bake at 425° for 15 or 20 minutes (or until bubbly & biscuits are golden).

SHRIMP & CRABMEAT CASSEROLE

1 cup <u>each</u> white & wild rice	3 cans shrimp
1 lb fresh sliced mushrooms	2 cans crabmeat
2 cups chopped celery	1 can chopped pimiento
2 medium-size chopped onions	1 1/3 cans Mushroom soup
1 chopped green pepper	Thick white sauce & 1/2 lb almonds

*This makes an elegant buffet dish, served
with a thick white sauce & almonds that have
been blanched, browned & slivered!*

Thelma Ross

Cook rice in salted water & drain. Saute mushrooms, celery, onions & green pepper in butter. Add whole shrimp & crabmeat, chopped pimiento & soup. Pile into casserole & bake 45 to 60 minutes in 350° oven. Serve to 12 with thick white sauce & almonds.

LOBSTER THERMIDOR WITH PILAF

2 pkgs frozen lobster tails
6 Tbs butter & 3 Tbs flour
1 tsp salt, 1/4 tsp nutmeg & dash paprika
3 Tbs sherry
1 1/2 cup light cream
1/4 cup grated cheddar cheese
Lemon wedges & parsley

We love lobster & this is our favorite recipe--one I have perfected over the years!

Doris Haag

Boil lobster tails according to directions on package. Remove meat in chunks & refrigerate. Save shells also. In double boiler, melt butter; stir in flour, salt, nutmeg, paprika, sherry & cream, mixing well; add lobster & cook, stirring until just thickened. Arrange lobster shells on baking sheet, fill with mixture & sprinkle with cheese. Run under broiler to melt cheese & lightly brown the tops. Spoon pilaf onto heated platter & arrange tails around it, garnishing with lemon wedges & parsley.

Pilaf: Melt 1/4 cup butter in saucepan. In it, saute 1 small sliced onion, 1/4 cup slivered almonds & 1/4 cup raisins until golden. Add 1 cup raw rice; mix well & add 2 cups hot chicken broth. Bake in covered casserole at 375° for 30 minutes or until all liquid is absorbed. Serves 4.

HINT FROM CHRIS: When cooking fish, add some seeds such as fennel, celery, or dill. A bay leaf & a sprinkling of allspice are also pleasing. An interesting fish sauce has mustard seed or tarragon leaves soaked in white wine. A whisper of saffron to bouillabaise is like adding a rainbow to a cloudy day.

STUFFED FILLETS OF SOLE

4 fillets of sole (1 1/2 lbs)
3/4 cup butter or margarine
1 clove garlic
1 small onion, peeled & minced
1/4 cup minced green pepper
12 fresh or frozen shrimp or prawns,
peeled, cooked & deveined
1/4 cup crumbled day-old bread crumbs
1 Tbs snipped parsley

*An easily prepared dish that is great for
either a luncheon or dinner entree! It
may be prepared well ahead of time.*

Key Dash

Melt 2 Tbs margarine; saute garlic, onion & green pepper. Dice 8 shrimp; add with bread crumbs, parsley, salt & pepper. On boned (silver) side of each fillet, put 2 Tbs shrimp mixture. Melt 2 Tbs margarine on cookie sheet. Roll up fillets & place on sheet seam side down. Refrigerate. Heat oven to 350°. Brush fillets with melted butter & place a whole shrimp on top. Bake 25 to 30 minutes. Serve with hollandaise.

HINT: BLENDER HOLLANDAISE can be made by blending 3 egg yolks, 2 Tbs fresh lemon juice, a dash of cayenne & 1/4 tsp salt at low speed in blender. Melt 1/2 cup butter or margarine & pour into blender in a slow, steady stream with blender at mix. Serve at once or reheat over warm, not boiling, water in storage jar. Watch closely & stir occasionally.

PAELLA (serves 8)

3-oz clarified butter

3-oz salad oil

4 whole chicken breasts, split, or a combination of parts to make 8

1 large garlic clove, smashed (to remove intact later)

Paprika, salt & pepper

1 medium onion, chopped

1 red & 1 green pepper, chopped

3/4 lb fresh whole small mushrooms

8-oz pepperoni, cut in bite-size rings

16 large prawns, shelled (save shells), de-veined & butterflied

2 doz (or more) clams, scrubbed well

8 small (4") lobster tails (remove soft back) or 3 large ones cut into 8 pieces or 8 pieces scallops or 1 crab, cut up

1 small can pitted black olives, drained

2 Tbs capers with juice

Sprinkle chicken with salt, pepper & paprika & saute in butter. Remove. Saute vegetables & pepperoni. Remove. Meanwhile, clean seafood & set aside.

A superb Paella dish combined from many recipes. Kay says it is great for a buffet, & tradition calls for it to be served with a simple tossed green salad, French bread & a light, lemon-flavored dessert. She uses a Serendipity cooker (a combination Paella pan or wok).

Kay Daub

1 can artichoke hearts, rinsed & drained

20-oz chicken broth

1/2 tsp saffron (or to taste)

1 Tbs basil & 1 Tbs oregano

2 tsp tarragon

8-oz tomato sauce

4-oz white wine (sauterne)

1 1/3 cups Uncle Ben's white rice (not instant)

(Continued)

Paella (Continued)

Boil broth with shrimp shells for 10 minutes. Strain to remove shells. Add herbs, tomato sauce, capers & wine. Heat. Toast rice in 1 Tbs oil in Paella pan for 5 min. Add liquid. Place chicken around pan, cover & place in 350° oven. After 25 minutes, remove. Stir rice around & place seafood & artichoke hearts on top of rice & chicken. Cover. Return to oven. Bake 20 minutes more or until chicken is tender. May be held, covered, in 200° oven for 30 to 60 minutes. To serve, garnish with black olives, fresh tomato quarters & lemon quarters. If more clams are desired, cook separately. Quantities of seafood can be altered to your individual taste.

SHRIMP & ARTICHOKE CASSEROLE

1 (#2) can artichoke hearts
3/4 lb cooked shrimp
1/2 lb mushrooms, sliced
2 Tbs butter
1 1/2 cup white sauce
1 Tbs Worcestershire sauce
1/4 cup dry sherry
Salt & pepper to taste

1/4 cup grated Parmesan cheese
Paprika & parsley

Adlai Stevenson served this casserole to foreign colleagues at the U.N. & possibly the result was the soothing of "many jangled nerves!"

Ann Talbot

Arrange artichoke hearts in buttered 2 qt glass or pottery casserole & scatter shrimp over top. Saute mushrooms in butter & spoon over shrimp. Add Worcestershire, sherry, salt & pepper to white sauce & pour over all. Sprinkle with Parmesan cheese & paprika & bake 40 minutes at 375°. Garnish each serving with parsley & accompany with rice.

PIERRE FRANEY'S STUFFED SHRIMP

12 large shrimp (about 1 1/4 lbs)
or 1 lb medium shrimp
Salt & fresh ground black pepper
6 Tbs butter
1/2 cup finely chopped onion
1/2 cup finely minced mushrooms
1/4 bay leaf & 1 clove garlic
2 sprigs fresh thyme or 1/2 tsp dried
1 tsp finely chopped fresh tarragon or
1/2 tsp dried
1 hard-cooked egg, finely chopped

Using a pair of kitchen scissors, cut through the upper shell of each shrimp, leaving the last tail segment intact. Peel, leaving tail intact. Devein & rinse under cold running water; pat dry. Using a paring knife, split the underside to butterfly. Do not cut all the way through. Carefully pound shrimp to flatten split portion.

Butter a baking dish or four individual scallop shells. Arrange shrimp, with tails up, over the dish or dishes. Add salt & pepper.

Melt 3 Tbs butter in a skillet & add onion & mushrooms. Chop together the bay leaf, garlic & thyme until pureed; add to skillet. Add tarragon & cook slowly about 20 minutes.

This recipe was found in the N.Y. Herald Tribune, and if you want to make an impression, you should try it!

Diana Kilinski

1/2 cup heavy cream
1 cup fine soft bread crumbs
1 egg yolk
2 Tbs finely chopped parsley
4 Tbs freshly grated Parmesan cheese

Pierre Franey's Stuffed Shrimp (Continued)

Add chopped egg & cook, stirring occasionally, 5 minutes longer. Add salt & pepper to taste & the cream; simmer 15 minutes. Stir in crumbs, egg yolk & parsley. Spoon equal dabs of filling into each shrimp; sprinkle with cheese; refrigerate.

Preheat broiler. Melt remaining butter; pour over shrimp. Broil shrimp until golden brown & cooked through (8 to 10 minutes for large shrimp). Serve hot. (4 servings)

SHRIMP WITH PINEAPPLE

- 1 1/2 lbs raw shrimp
- 1 can (13 1/2-oz) pineapple chunks
- 1/4 cup salad oil
- 2 medium sized onions, thinly sliced
- 1 green pepper, seeded & sliced
- 2 Tbs sugar & 1/3 cup cider vinegar
- 1 Tbs soy sauce & 1 tsp dry mustard
- 1 Tbs cornstarch & 1/4 cup pineapple syrup

This is a colorful dish that is quickly prepared. The recipe originally came from Sunset magazine & is a favorite of two cooks. You might like to sweeten the sauce by adding a little more sugar. Taste it & see.

Evelyn Lord

Evelyn Coleman

Shell & clean shrimp. Drain pineapple, reserving 1/4 cup of the syrup. In a frying pan, heat salad oil; add shrimp & cook over medium heat for about 5 minutes. Remove shrimp & set aside. Put onions, green pepper & drained pineapple chunks into pan. Cook, stirring for 2 to 3 minutes. Combine the sugar & vinegar & stir into the mixture in the pan & bring to a boil. Blend soy sauce & mustard into pan mixture. Stir cornstarch & reserved pineapple syrup until smooth, blend into pan ingredients. Boil for 1 minute. Return shrimp to pan & heat. Serve with rice. Makes 4 to 6 servings.

BAKED SALMON

This salmon stays very moist & is delicious served either hot or cold!

Whole salmon or chunk
Lemons
Sour cream

Norma Hansen

Split salmon down one side; remove bones; open up & lay flat; skin side down, on a sheet of foil in a baking pan. Cover entire salmon with lemons, sliced as paper-thin as possible. (Thinly sliced onion may also be added, if desired.) Sprinkle with salt & pepper; then completely frost salmon with sour cream, using 1 to 2 pints, depending on size of salmon. Bake at 400°, uncovered, for 30 minutes or until flaky & done.

POACHED SALMON WITH GOLDEN FOAM

This is a really beautiful dish with its topping of Golden Foam--simply delicious!

1 piece salmon to serve 4
1/2 cup dry white wine
2 tsp Mei Yen seasoning
1/2 tsp dill weed
4 slices of lemon

2 Tbs butter
2 tsp dill & 2 Tbs lemon juice
2 eggs

J Ann Brinkman

Place salmon in pan. Sprinkle with seasonings & top with lemon slices. Add wine & enough water to come 1/2 way up the piece of salmon (about 1/2 cup). Cover & poach for 20 to 30 minutes. At serving time, heat the liquid from the pan; blend in 2 Tbs butter until melted. Add 2 tsp dill weed & 2 Tbs lemon juice. Beat 2 eggs until light & foamy. Pour a little hot liquid into eggs to warm them, then add to hot mixture. Cook for about 1 minute, but do not boil. Serve this sauce over the salmon.

SALMON ALA BIF

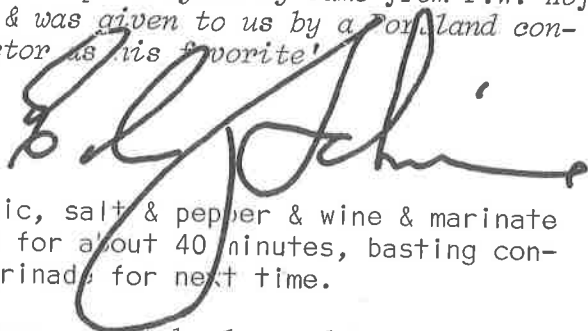
25 lbs of salmon
3 qts buttermilk & 1 pt cooking oil
6 lemons & 1/2 cup catsup
Parsley flakes, 3 cloves garlic, salt & pepper
1 bottle (4/5-qt) white wine (sauterne)
Mix buttermilk, oil, lemon, catsup, parsley, garlic, salt & pepper & wine & marinate salmon overnight. Broil over coals (not too hot) for about 40 minutes, basting continually with the marinade. Save the leftover marinade for next time.

MARV HEATER'S SPECIAL BAKED STEELHEAD

Steelhead & aluminum foil
Salt & pepper
1/3 cup melted butter
1/2 fresh lemon
1 cup mayonnaise
1 tsp grated onion
2 Tbs minced dill or sweet pickle

Heat oven to 400°. Wrap the whole fish in aluminum foil & place in a shallow baking pan. Sprinkle with salt & pepper & 1/3 cup melted butter. Bake 15 minutes per pound. When done, squeeze 1/2 fresh lemon over it & serve with tartar sauce, made by combining remaining ingredients & seasoning with salt & pepper to taste.

This recipe originally came from P.W. Hoffman & was given to us by a Portland contractor as his favorite!



If Marv cannot be located by friends at home weekends during the winter months, it is because he is relaxing from duties as Athletic Director of Sprague High at his quiet fishing spot near Astoria. An ardent fisherman, he brings home a steelhead after (almost) every trip!



HINT: Littleneck or steamer clams, razor clams, geoducks (pronounced gooey-duck) & oysters are all found on the Northern Oregon & Washington coast. If you have the spunk & energy, you can dig for your own. Otherwise you can buy fresh or frozen at beach fish markets. Several connoisseurs have provided recipes for fixing these delicacies!

STEAMER CLAMS: Wash & scrub about 1 1/2 lbs live clams per person. (Those with shells tightly closed are alive, or shells that close immediately when touched.) Place them in a pail of salted water for 1/2 hour or so to spit out sand. Then place the clams in a large kettle with about 1/4" water. Cover, turn heat on high & boil until they are open. This can take anywhere from 5 to 10 minutes at rolling boil, depending on number of clams in kettle. Watch closely & don't overcook. Serve immediately as hors d'oeuvre or entree with bowls of melted butter & bowls of broth from pan for dipping.

Coleen Walton

RAZOR CLAMS: Place clams in cool water for 4 hours or longer. (While soaking, clams work out sand.) A sharp knife can be used to separate the muscle or flesh from shell. Slit the body & neck its full length; however, do not cut entire width but leave enough flesh uncut to serve as a "hinge" so clam may be flattened into one large piece. Remove all black portions with scissors or knife (sometimes poisonous). Rinse with water. Dip in egg batter, roll in cracker crumbs or flour & fry only 1/2 minutes in a hot frypan. The biggest mistake is overcooking. Serve with lemon & tartare sauce. *Actually, I prefer rolling in flour; then dipping in egg & milk (mixed); then frying!*

Dorothy Steelhammer

GEODUCK: Cut from shell; nip end of neck & remove stomach. Place in pan of boiling water for 1 minute. Pull skin from body & neck as if removing a nylon stocking. Cut down length of neck & spread flat. Cut into serving size pieces. (Neck pieces need pounding but body pieces do not.) Dip pieces in flour & fry in butter for 1 minute on each side. *Serve piping hot & go dig some more!*

FRIED OYSTERS: Select 1 1/2" to 2" size (no cleaning necessary). Roll in flour, fry in butter about 6 minutes on medium heat to an even golden brown. Serve hot. *This recipe can only be surpassed by eating the same oysters raw out of the shell!*

Malcolm Marsh

BARBECUED SALMON

1 salmon
1 cup margarine & 1/2 cup lemon juice
Oregano & lemon-pepper marinade

This recipe was given to me by a great fisherman who had in turn received it from a gourmet friend.

Nel Schick

Fillet salmon & cut into serving-size pieces. Melt margarine & stir in lemon juice, oregano & lemon-pepper marinade to taste. Dip salmon pieces into this mixture & place skin side up on grill with a strip of foil over top. Broil no more than 15 min. Remove foil, flip over, brush again with butter mixture; replace foil & broil 5 min. longer. Remove salmon to warm platter & pour remaining warm butter over top.

PRUNE CAKE

1 cup vegetable oil
1 1/2 cups sugar
3 eggs
2 cups sifted flour
1/2 tsp salt
1 tsp each baking powder, soda,
cinnamon, nutmeg, & allspice
1 cup buttermilk
1 cup cooked, drained & mashed prunes
1 cup chopped pecans or walnuts

Because it's not too rich, this makes a delicious morning coffee cake! It can be baked in a greased & floured 12-cup Bundt pan--for 50 minutes.

Mrs Pauline Smith

Cream oil & sugar; add eggs one at a time, beating well. Sift dry ingredients; add alternately with buttermilk & prunes. Stir in nutmeats; pour in greased & floured 9x13" pan. Bake in 350° oven for 35 minutes. Put pan on rack & drizzle glaze over top.
Drizzle Frosting: Cream 1 cup powdered sugar & 2 Tbs butter. Add 6 Tbs cream & blend well. Pour over hot cake.

NOTE: Mrs. Wayne Simmons sent in basically the same cake but uses a Sauce Topping. In a saucepan, mix 1 cup sugar, 1/2 cup butter, 1/2 tsp each vanilla & soda & 1/2 cup buttermilk or sour milk. Bring to a boil gently & boil 2 minutes. As soon as cake is done, poke holes in top with a fork or toothpick. Drizzle sauce over & let stand for 1 hour to let the sauce soak in.

Mrs. Wayne Simmons

MRS. MCKAY'S COFFEE CAKE

Batter:

1 cup sugar	<u>Filling</u>
1/4 cup butter	1 cup chopped walnuts
2 eggs	1 cup brown sugar
1/2 cup milk	2 Tbs flour
1 1/2 cups flour	1 Tbs cinnamon
2 tsp baking powder	2 Tbs melted butter

When my Father was Governor, my Mother held weekly "at homes" for the public. Since the number attending usually was unknown, she liked to use this recipe--expandable, simple to prepare, and tasty! It is still my favorite for breakfast or dessert with whipped cream!

*Mary Lou Green
(Mrs. Lester D.)*

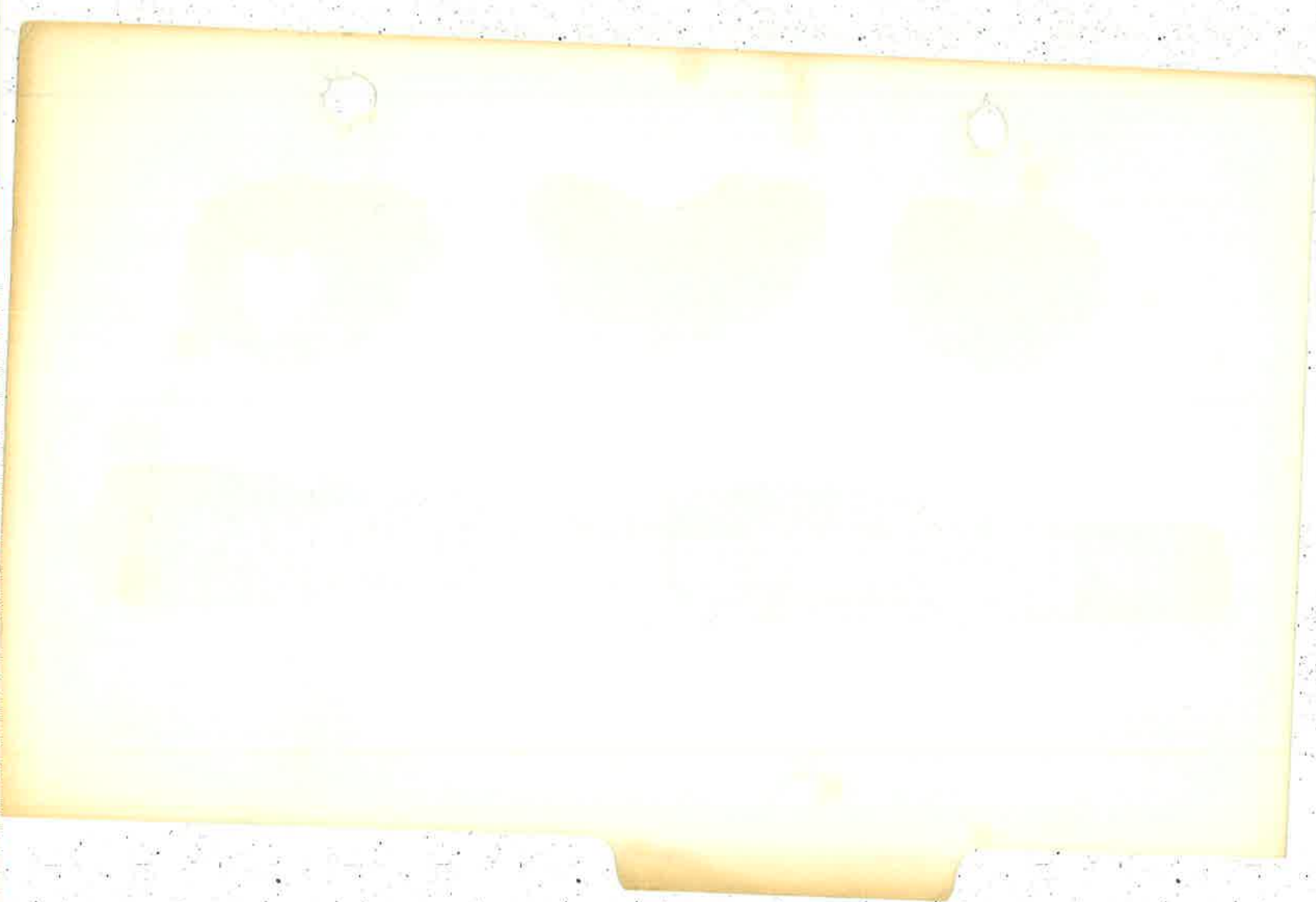
Prepare filling first, chopping nuts in bowl & adding remaining ingredients. Melt butter in a 9x13" pan in which you will bake cake. Pour melted butter over nuts & stir thoroughly. Prepare batter by creaming sugar & butter; adding eggs; mixing in the milk alternately with flour & baking powder. Spread a thin layer of batter in pan; sprinkle a layer of filling over it; add another layer of batter (not evenly spread) & last, a layer of filling. Bake at 375° between 25 & 30 minutes until slightly brown. Test to make sure it is done. This cake reheats well in foil if it lasts that long!

HINT FROM CHRIS: In cake-making, if the recipe calls for a cup of milk, you generally can substitute any other type of liquid--such as a cup of wine, carbonated beverage, rum or any type liquor. Experiment! Sometimes the cake doesn't keep quite as long & will dry out faster. But often the resulting flavor is worth it!



THE LITTLE SWEET DO TH KILL MUCH BITTERNESS.
JOHN KEATS

CAKES & FROSTINGS



ALL AROUND CAKE (coffee or dessert)

1/2 cup butter & 1 cup sugar
2 eggs, separated
2 cups sifted cake flour
1 tsp each baking powder & soda
1 heaping Tbs cinnamon & 1/2 tsp salt
1 pt sour cream at room temperature
1 tsp vanilla

Cream butter & sugar; add egg yolks & beat well. Mix together dry ingredients & add alternately with sour cream. Fold in beaten egg whites. Bake in an angel food cake pan greased & then dusted with a little sugar & cinnamon to prevent sticking. Sprinkle a little sugar & ground almonds on top. Bake 50 minutes at 325 to 350°.

RAW APPLE CAKE

4 cups diced apples	2 tsp cinnamon
2 cups sugar	2 tsp soda
1/2 cup oil	1 tsp salt
2 beaten eggs	1 tsp vanilla
2 cups flour	Nuts, raisins, dates

Mix the apples with the sugar. Add eggs & remaining ingredients & mix well. Add nuts, raisins & dates if desired. Bake in 9x13" pan for 45 min. to 1 hour at 350°.

Excellent for morning coffees, teas, or after dinner with a fruit & dessert wine! This cake stores for weeks in the refrigerator wrapped in foil or saran wrap. That makes it marvelous to take along on hunting or fishing trips, too!

Mrs Val D. Sizer

This recipe is from the kitchen of the Pastime Club & we recently served it to over 400 at a Chamber of Commerce Fashion Show luncheon. It can be made up several days prior to use because it's better with age & always stays moist!

Mrs. Irvin Sharp

NUTMEG WINE CAK

1 pkg yellow cake mix
1 pkg instant vanilla pudding
1 tsp nutmeg
4 eggs
3/4 cup each oil & white wine (Rhine, Chablis, Thunderbird or combination)

Beat all ingredients for 5 minutes at medium speed. Pour into angel food cake or bundt pan. Bake 50 minutes at 350°. Cool in pan & sprinkle top with powdered sugar.

POPPYSEED CAKE

1 pkg yellow cake mix
1 1/2 pkgs butterscotch instant pudding
1 (2-oz) pkg poppyseeds
1 cup hot water
4 eggs
2/3 cup Wesson oil

Combine ingredients & bake in greased bundt pan for 45 minutes at 350°.

HINT FROM CHRIS: When making dessert souffles or cakes in a bundt pan, lightly dust the bottom of pan with butter & sugar. The cake will come out more easily & with an added flavor! You may also sprinkle flour or sugar on top of cake.

This is a perfect take-along for tailgate picnicking! It stays moist & fresh & tastes delicious.

Aun Lyman

My wonderful sister-in-law, another Janet Skopil, has shared many recipes with me. This is one of the most successful. A real hit with the young men at the McLeod 4th of July picnic!

Jan Skopil

CARROT CAKE

1 1/2 cups Wesson oil	
2 cups sugar	
3 eggs	1 cup chopped nuts
2 cups grated carrots	1 cup coconut (optional)
1 cup crushed pineapple	...
2 1/2 cups sifted flour	1 box powdered sugar
1 tsp baking soda	1 cube margarine
1 tsp cinnamon	1 (3-oz) pkg cream cheese
1/2 tsp salt	1 tsp vanilla
1 tsp vanilla	Pineapple juice

This recipe is from the Village Green. I did not drain the crushed pineapple & my cake seemed more moist than theirs did but really was best the second & third days!

Lucy Bellinger

Cream oil, sugar & eggs well. Add carrots & pineapple, mix well. Sift flour, soda, cinnamon & salt together; add to creamed mixture. Add nuts & vanilla last & beat well. Bake in 3 (8") cake pans at 350° for 45 minutes or in small loaf pans for 1 1/4 hours. For frosting: Blend ingredients together with pineapple juice & spread over cake.

FOUR INGREDIENTS CAKE

1/2 lb butter	5 eggs
1 3/4 cups sugar	2 cups cake flour (sifted)

This cake is very much like a pound cake. It never fails & is always good!

Maysel Hansen

Cream the butter & sugar on high speed for 10 minutes. Add eggs one at a time, beating well. Fold in the flour & 1 tsp vanilla. Bake in greased tube pan for 1 hour at 325°.

NUT CAKE

1 cup butter	3 cups sifted cake flour
2 cups sugar	3 1/2 tsp baking powder
1 cup milk	1 1/2 cups chopped walnuts
4 large eggs	1 tsp vanilla

This cake is my husband's favorite. It is a recipe handed down from his grandmother, wife of the Rev. Josiah L. Parrish, for whom J.L. Parrish Junior High School was named!

Mrs. Richard Slater

Cream butter & sugar well. Add eggs one at a time, beating well after each addition. Sift flour, baking powder & pinch of salt together; add alternately with milk. Add vanilla & nuts. Bake in a tube pan with oiled circle of wax paper on bottom (or in a loaf pan) for 1 hour & 15 minutes (approximate) at about 325°. *Note: Flour nuts lightly before adding to keep them from sinking to the bottom in baking.*

AUNT NELL'S ORANGE POUND CAKE

3 cups sugar	3 cups cake flour
1 cup shortening	1/2 tsp salt
6 eggs, separated	1/4 tsp soda
2 tsp orange flavoring	1 cup buttermilk

This is a family favorite. You can use dry buttermilk, reconstituted, if you wish.

Coralie J. Staten

Cream sugar & shortening; add egg yolks one at a time & blend well; add flavoring. Sift dry ingredients together & add to first mixture alternately with buttermilk, beginning & ending with dry ingredients. Beat egg whites stiff & fold gently into mixture. Grease & flour a 10" tube pan (bundt pan also good). Bake at 350° for 1 hour and 10 minutes.

CHOCOLATE CAKE - BEST EVER

Boil together & cool:

7/8 cup Giradelli all-purpose

ground chocolate

1 cup brown sugar

3/4 cup milk

3/4 cup butter

1 cup brown sugar

4 egg yolks

2 1/3 cups sifted cake flour

1 tsp soda & 1/2 tsp salt

2 1/2 tsp baking powder

1 cup milk

4 egg whites

1 tsp vanilla

This favorite never-fail cake is made a bit differently! I like to use one frosting for the filling & a separate one for the outside, so both recipes are included. It makes two 2-layer cakes or one very large cake to store in your freezer!

Chris Slater

Cream butter with second cup of brown sugar; add to really cooled chocolate mixture. Add egg yolks one at a time, beating well. Add dry ingredients (you don't need to sift them together) alternately with milk. Fold in beaten egg whites & vanilla. Bake in 4 tins that have been buttered & floured at 350° for 20 to 25 minutes. Cool on racks.

Chocolate Filling Frosting: Mix together 1 (8-oz) pkg cream cheese, 1 cube of butter & 1 lb of powdered sugar. If too stiff, add about 1 or 2 Tbs hot coffee to thin as desired.

Best Ever Chocolate Frosting: Beat 2 egg whites stiff; add 1 cup powdered sugar & beat in 3/4 cups of soft butter. Then beat in another cup of powdered sugar; fold in 2 sq of melted dark chocolate & 1 tsp vanilla.

CHOCOLATE CAKE

I have had this recipe so many years I don't remember where it came from, but it's my favorite!

2 cups sugar	
3 to 4 Tbs cocoa (heaping)	
1/4 lb butter or margarine	2 cups flour
2 eggs	2 tsp soda
1 cup sour cream	Pinch of salt
1 cup cold coffee (strong)	1 tsp vanilla

Nola M. Klinefelter

Cream sugar, butter & cocoa well. Add the eggs, sour cream, coffee, dry ingredients & vanilla. Don't be afraid to beat this batter. It's much better when well-blended. Bake in 2 (8") pans, (greased & floured) at 350° for 30 minutes.

CARMEL NUT FROSTING: Boil 1 1/4 cup light brown sugar, 1/3 cup water & 1/4 cup white sugar to a syrup. Add very slowly to 2 beaten egg whites. Beat! Add 1 tsp vanilla & 1 cup chopped walnuts. Beat to a spreading consistency. *This is the best frosting for chocolate cake I have ever tasted & I can remember Mother & her friends making it for every lodge & club meeting during the 1930s!*

Betty May Settecase

HINT: *My favorite Chocolate Cake recipe is not an original. It is found right on the Hershey's cocoa can. Two different years I won first place with this cake at the Oregon State Fair in the Gerry Frank Chocolate Cake Contest. In 1967, I also won the Oregon Wheat Commission trophy at the fair for the best layer cake with this recipe.*

Mrs. James Elgin

BUCHE DE NOEL (Serves 10 to 12)

1 cup sifted cake flour	3 eggs
1/4 cup cocoa powder	1 cup sugar
1 tsp baking powder	1/3 cup water
1/4 tsp salt	1 tsp vanilla

Our family & friends enjoy this traditional French Christmas dessert yearly during the holiday season. It is best cut in thin slices & served with whipped cream!

Sue Schick

At least 24 hours in advance, grease a 15x10x1" jelly-roll pan; line with waxed paper cut slightly smaller than pan; grease waxed paper also. Sift dry ingredients several times. Beat eggs until very thick & creamy; add sugar 1 Tbs at a time, beating well after each addition. Stir in water & vanilla; fold in flour mixture gently. Bake at 375° for 12 to 15 minutes--until center springs back lightly. Invert cake onto a tea towel dusted with powdered sugar. Peel off paper & cut around 1/4" from edge with a sharp knife. Starting with short side, roll in towel as for jelly roll. Wrap in towel; cool completely on wire rack & then refrigerate until ready to fill.

Mocha Cream Filling: Cream 1 cup plus 2 Tbs sweet butter until smooth & soft. Add dash of salt & 1 cup plus 2 Tbs sifted sugar gradually; cream until ultra smooth. Beat in 3 egg yolks & 1 1/2 tsp instant Espresso coffee powder dissolved in 1 & 1/2 Tbs hot water. Beat again until firm but spreadable. Unroll cooled cake; spread with filling; re-roll with seam on bottom. Refrigerate until ready to frost.

Chocolate Frosting: Use frosting on Redi-blend Unsweetened Chocolate pkg. adding 3 or 4 pkgs chocolate depending on taste. Frost log roll & with tines of fork, etch design to resemble bark on tree, putting in a few knots. Decorate with shaved chocolate, holy sprigs, maraschino cherries or pistachio nuts. Refrigerate or store in freezer.

FRUIT CAKE (light)

- 4 lbs white raisins
- 4 lbs candied mixed fruit
- 1 cup walnuts or almonds
- 1/2 lb citron (sliced in pieces)
- 3 rings glazed pineapple (sliced in pieces)

This recipe is one from my mother, Mrs. F.A. Magruder of Baltimore, Maryland. It is one of our family's traditional Christmas treats!

Mary Magruder Smith

Prepare fruit the night before, flouring it well & coating each piece separately.

- | | |
|--------------------------|--------------------------------|
| 12 eggs, separated | 2 tsp cinnamon |
| 1 lb sugar (2 cups) | 2 tsp nutmeg |
| 1 lb butter | 1 cup applesauce (unsweetened) |
| 1 lb flour (all-purpose) | 1/2 cup brandy |

Cream butter & sugar. Beat egg yolks & add to butter sugar-mixture. Sift spices with flour & add alternately with warmed applesauce. Add brandy. Fold in stiffly-beaten egg whites. Add fruit & mix well. Line 1 1/2 lb loaf pans with greased brown paper. Bake at 275° for 2 to 3 hours. After cakes come out of oven, pour a small amount of brandy over them while they are still hot.

HINT: This recipe makes approximately 17 lbs of fruit cake. I usually halve it which fills four (1 1/2 lb) loaf pans nicely. The cakes are done when they are well-browned & have quit sizzling. Also best made & aged about 2 months & slice best when frozen!

CREAM CHEESE CAKE (KHAMKUCHEN)

14 graham crackers
2 Tbs melted butter
1 cup sugar, 2 Tbs flour, 1/4 tsp salt
1 lb (15-oz) cream cheese, softened
1 tsp vanilla
4 eggs at room temperature
1 cup cream (whipping or half & half)

I have yet to taste a cream cheese cake as good as this one from my mother--maybe because she's from Switzerland. It was a traditional dessert in our family throughout my childhood & it's really rich!

Jardis Schick

Grease an 8 or 9" springform pan with butter & add an aluminum foil collar if sides are not at least 3" high. Roll crackers into fine crumbs; blend thoroughly with butter; press evenly into bottom of pan. Cream cheese with electric mixer; mix the sugar with flour & salt; cream together with the cheese. Add vanilla & yolks of eggs & beat. Add the cup of cream & mix again. Fold in the stiffly beaten egg whites with wire whisk & (patience) continue gently folding until absolutely no lumps remain. Pour mixture over crumbs; bake at 325 to 350° for 1 hour or longer, until center is set. (Test with straw.) Cool on rack. The cake may be refrigerated or served at room temperature.

HINT: The original recipe called for a Zweiback crumb crust which you may prefer. Combine 1 1/2 cups rolled crumbs with 3 Tbs butter & 2 Tbs sugar & press into pan.

Optional topping: Mix 2 Tbs sugar & 1/4 tsp vanilla into 1 cup thick sour cream. Spread lightly over top of cake as soon as it is removed from oven; return & bake for additional 10 minutes. (The cake will fall slightly as it cools & with topping should be refrigerated.) Cut into wedges & serve alone or with any fresh fruit or fruit sauce.

DAFFODIL ANGEL CAKE

1 1/4 cups egg whites & 4 to 5 egg yolks	1 1/4 tsp cream of tartar
1 cup sifted cake flour	1/2 tsp grated lemon rind
1 1/2 cups sugar	1/2 tsp vanilla
1/3 tsp salt	

I cut this out of a Woman's Home Companion in April, 1950. It has been a favorite ever since. I often use it as a shortcake with strawberries & whipped cream--or frosted with lemon-powdered sugar frosting tinted yellow!

Mrs A C SIMONSEN

Let egg whites (about 10 to 12) stand at room temperature. Add 1/2 cup sugar to flour; sift together four times. Add salt to egg whites; beat until foamy (about 1 minute). Sprinkle with cream of tartar & continue beating until soft, moist peaks. Gradually beat in remaining sugar. Fold in flour mixture 1/4 at a time. In separate bowl, beat egg yolks & lemon rind until very thick & light. Fold in 1/3 of egg white mixture. To remaining whites, add vanilla & blend gently. Spoon batters into ungreased 10" tube pan, alternating colors. Bake at 375° for 30 to 35 minutes. Invert pan on 7-Up bottle & cool about 1 hour.

ANGEL FOOD ICE-BOX CAKE: Tear 1 angel food cake into bite-size pieces. Melt 2 pkgs chocolate chips over low heat; cool & add to 4 beaten egg yolks. Fold in beaten egg whites & 1 pt heavy cream, whipped. Mix 1/2 of the cake pieces with half of the sauce (turning over carefully so you don't mash cake.) Then add remainder of cake pieces & mix in remaining sauce (the cake soaks up too much sauce if you add all at once). Put in a flat tin & store in refrigerator at least 12 hours (or freeze). *This cake serves 16 to 20. If you mix it in the tin you waste no sauce, & it is absolutely delicious!*

Esther Foster

JOY'S FAIRY CAKE

4 egg yolks	4 egg whites
2/3 cup sugar	1/4 tsp salt
2 Tbs boiling water	1/2 tsp cream of tartar
2/3 cup flour	1/2 tsp vanilla

Sometimes called Strawberry Meringue Torte, this has been a favorite for many, many years for special occasions! Any fresh fruit works well in the filling.

Joy Eoff

Beat egg yolks until very thick & lemon colored. Add half of sugar & beat to hold shape. Add boiling water 1 Tbs at a time & cool. Add remaining sugar to flour & fold into yolks. Beat egg whites until fluffy; add salt & cream of tartar; beat until stiff. Fold into yolk mixture & add vanilla. Pour into 2 greased & floured 8" round pans. Meringue: Beat 4 egg whites until stiff; add 1 1/4 cups sugar gradually; continue to beat until super stiff. Add 1 tsp vanilla. Carefully spoon meringue over 2 cake layers. (Drop about 5 big spoonfuls on each layer, then gently smooth them together with a spatula until batter is completely covered.) Bake at 350° for 40 minutes. Cool.

Filling: Whip about 2 cups whipping cream. Fold in about 2 boxes fresh strawberries, washed & sliced (not crushed). Reserve a few berries for garnish. Spoon mixture over bottom layer; place second layer on top; fill with remaining cream & berries.

HINT FROM CHRIS: You can make whipped cream ahead & hold it if you soak 1 tsp gelatin in any kind of flavoring you desire. (2 Tbs of flavorings such as liqueurs, rum or melted chocolate; 1/2 to 1 tsp of strong flavorings such as vanilla or lemon juice, with water added to make 2 Tbs.) Add about 1 Tbs hot water or scalded cream to softened gelatin; stir well to dissolve. Cool & fold into 2 cups cream, whipped stiff!

MACADAMIA NUT ROLL

3/4 cup cake flour 4 eggs
1 tsp baking powder 3/4 cup sugar
1/4 tsp salt 1 tsp vanilla

*A family favorite for a special dessert.
It is very elegant served on a silver tray
during the holidays!*

Bev Weeber

Sift dry ingredients together & set aside. Beat eggs until light & foamy; add sugar gradually, continuing to beat until thick & doubled in bulk (about 10 minutes). Sprinkle dry ingredients over top & fold in gently. Add vanilla. Bake in jelly roll pan lined with waxed paper in 400° oven for 12 to 15 minutes. When done, immediately loosen cake & invert onto cloth sprinkled with powdered sugar. Trim if necessary & roll up cloth & cake gently; cool. When cooled, unroll cake, spread with 3/4 of butter cream. Re-roll & place on serving tray. Frost outside with remaining butter cream & decorate with chopped Macadamia nuts & shaved bitter chocolate. Refrigerate, & set out 1/4 hour before serving.

Macadamia Nut Butter Cream:

1 (9-0z) jar Macadamia nuts, chopped coarsely	3 egg yolks
1/4 cup white sugar	1/2 lb butter
1/3 cup light corn syrup	1/4 cup light rum
	1 box powdered sugar (1 lb)

In saucepan, combine sugar & corn syrup; cook until it comes to full boil; remove from heat. Beat egg yolks until foamy & lemon-colored; add hot syrup gradually. Beat in butter a little at a time; stir in rum. Gradually add up to one box powdered sugar until Butter Cream is of frosting consistency, mixing thoroughly. Set aside 1/4 Butter Cream for frosting. Add nuts (reserving some for garnish) to remaining butter cream filling.

QUICK CAKE---GOOD

1 cup sugar
1 1/2 cups flour
3 tsp baking powder
3 eggs
1/2 cup milk
1/2 cup butter
Lemon or vanilla flavoring

Sift the sugar, flour & baking powder together. Beat egg yolks well. Add dry ingredients to beaten yolks; mix with the milk. Beat the whites until stiff & fold into mixture. Melt butter & add last. Flavor with lemon or vanilla. Bake rather more quickly than an ordinary cake, but do not brown! (Approximately 350°.)

HINT: For an excellent Blueberry Glaze for Cheesecake, thaw 1 (10-oz) pkg frozen blueberries; drain & reserve 1/2 cup liquid. In small saucepan, combine 2 Tbs sugar with 1 Tbs cornstarch. Add reserved liquid, stirring until smooth. Bring to a boil, stirring constantly until mixture is thickened & clear. Remove from heat; cool slightly. Add 1 Tbs lemon juice & blueberries. Spread over top of cheesecake & chill sev'l hours

About 1900 my sister Dorothy & I were taken on the train by our parents to visit my mother's aunt, who lived on a ranch at Kiona, Washington, in the area of the present tri-cities. My sister & I each carried a small Indian basket to hold a doll & her wardrobe, including bathing suit for the doll to "swim" in the little irrigation ditches of the garden.

Mother praised a cake made by her aunt & we all enjoyed eating it--a layer cake with boiled frosting. Her aunt offered to give her the recipe & my Father wrote it in his notebook, entitling it "Quick Cake --Good." As I grew up, I took most of my cake-making practice on this very cake!

Helen Pearce

Isabel Rosebraugh

TOFFEE TREASURE CAKE

A rich, buttery cake featuring crunchy toffee candy pockets which form during baking.

Helen A. Cowan

1/4 cup sugar
1 tsp cinnamon
2 cups flour
1 cup sugar
1 1/2 tsp baking powder
1 tsp soda

1/4 tsp salt
1 tsp vanilla
1 cup (8-oz) dairy sour cream
1/2 cup butter or margarine, softened

2 eggs

1/4 cup chopped nuts

6 (5/8-oz) or 3 (1 1/2-oz)

chocolate toffee candy bars, coarsely crushed
1/4 cup butter or margarine, melted

Generously grease & lightly flour 9 or 10" bundt pan. Combine 1/4 cup sugar with cinnamon & set aside. Measure flour without sifting by lightly spooning into cup & leveling off. In large mixer bowl, combine remaining ingredients except for nuts, candy bars & butter. Blend at low speed until moistened. Beat 3 minutes at medium speed, scraping bowl occasionally. Spoon 1/2 batter into prepared pan. Sprinkle with 2 Tbs cinnamon-sugar mixture. Spoon remaining batter into pan; sprinkle with remaining cinnamon-sugar mixture, then with nuts & crushed candy bars. Pour 1/4 cup melted butter over batter. Bake at 325° for 40 to 50 minutes, until top springs back when touched lightly in center. Cool upright in pan for 15 minutes, then remove from pan. If desired, sprinkle with powdered sugar.

TRIFLE

8 eggs, separated	Custard Filling
3/4 cup sugar	1/2 cup sherry
1/2 tsp vanilla	2 Tbs orange liqueur
1 cup cake flour	Strawberry or raspberry jam

This classic English Trifle is one of my favorite recipes! For best results, have your eggs at room temperature. You can use dry or sweet sherry successfully!

Mrs. Earl Prade

Sponge cake: Beat egg yolks until light in color; add sugar gradually, continuing to beat; then add vanilla. Fold in stiffly beaten egg whites; gradually fold in flour. Bake at 325° for 30 minutes in 10x15" pan lined with waxed paper. Cool on rack.

Custard Filling: Beat 4 egg yolks slightly in double-boiler. Stir in 1/4 cup sugar & add 1 1/2 to 2 cups scalded half & half cream carefully, continuing to stir. Cook over hot water until mixture coats spoon, stirring constantly. Remove & add 1/2 tsp vanilla.

Assembly: Break sponge cake into pieces & put into a dish. Stir sherry & orange liqueur together in a cup & pour over all the cake. Then coat each piece with strawberry jam. I put a layer of cake & a layer of pudding in a bowl until all is used up. Top with whipped cream & strawberries, if desired.

HINT FROM CHRIS: Put one or two vanilla beans in the bottom of your sugar cannister to scent & add a bit of flavor to the sugar. It makes a difference in dessert sauces! Also, when making any cake with baking powder, soda or many eggs--have all ingredients at room temperature. It really does make a big difference in rising!

WACKY CAKE

1 1/2 cups flour	
1 cup sugar	6 Tbs cooking oil
3 Tbs cocoa	1 Tbs vinegar
1 tsp soda	1 tsp vanilla
1/2 tsp salt	1 cup cold water

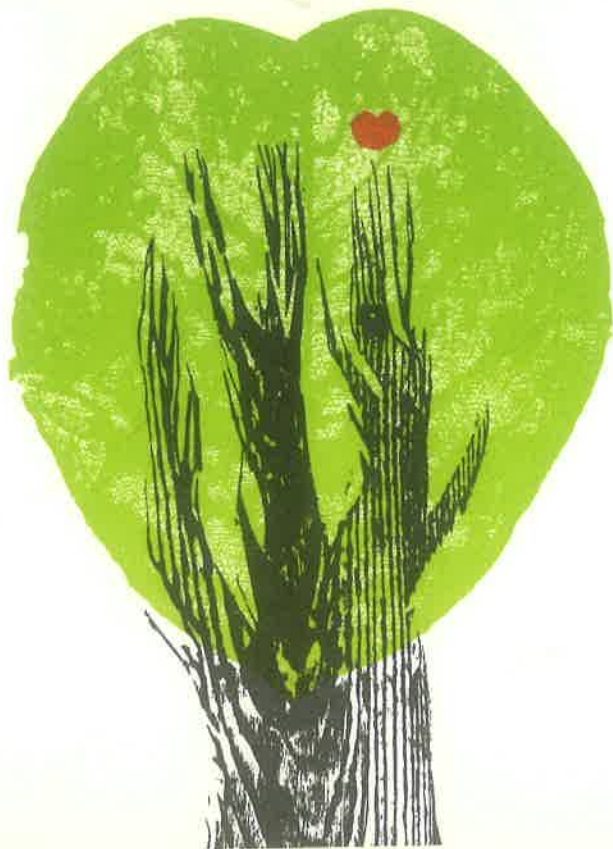
This recipe is originally from Alaska. I have had it about 20 years. It is best when eaten the same day it is made & is a great recipe for children as it never fails!

Florence Riggs

Sift dry ingredients into an ungreased pan, 8 x 8". Make three indentations. Into one hole, pour cooking oil (or melted fat). Into one hole pour vinegar & vanilla. Into one hole, pour 1 cup cold water. Stir, right in the pan, until mixed, with a fork. Bake at 350° for 20 to 25 minutes. Leave in the pan. Note: No eggs; DO NOT ALTER THIS METHOD!

WALNUT CAKE FILLING: Combine in double-boiler 6 egg yolks, 1 cup sugar, 1 cup sour cream & 1 Tbs flour mixed with water to a paste. Cook over water, stirring constantly, until well-thickened. Flavor with 1 tsp vanilla; add 1 cup chopped walnuts & cool before using. *This is especially good with chocolate layer cake!*

HINT FROM CHRIS: To make PETITS FOURS, bake a pound or white cake on a jelly-roll pan. Cool or freeze partially, cut into squares with electric knife & freeze squares. Make a thin frosting of powdered sugar, milk & any type of flavoring. Heat it on the stove, coloring as desired. Poke a knitting needle into a frozen cake cube & dip while still frozen into the warm frosting. Place on a plate & refreeze to decorate at a later date, if desired. Or you may also pour frosting directly over cubes.



THERE IS NO LOVE
SINCERER THAN
THE LOVE OF
FOOD

GB S-AW

DESSERTS



ALMENDRADO

1 Tbs unflavored gelatin, softened
in 1/4 cup cold water
1 cup boiling water
1 1/4 cups sugar
6 egg whites
1/2 tsp almond extract & 1/3 cup sherry
1/2 to 1 cup finely-sliced almonds

Let gelatin stand in cold water for 5 minutes; add boiling water & dissolve. Add sugar & stir. Chill mixture in refrigerator until it begins to stiffen; then beat until frothy. Beat egg whites until very stiff; add to beaten gelatin. Beat until mixture is completely blended; then add flavoring & sherry. Pour into a mold alternating layer of mixture with layer of almonds. Two hours in refrigerator will stiffen it. Spoon into serving glasses; pour sauce over top.

Sherry Custard Sauce: Scald 1 cup milk in double-boiler. Beat 3 egg yolks lightly; add 2 Tbs sugar & a dash of salt. Pour scalded milk slowly into egg mixture; then return to double-boiler. Cook until mixture coats a spoon, stirring constantly. Remove from heat & when cool, add 1/4 tsp vanilla & 1 1/2 Tbs sherry. *The recipe will serve 10. For 12 I add whipped cream to the custard sauce--in fact, the original recipe called for whipped cream, but since it is unnecessarily rich & adds nothing but bulk, I usually leave it out!*

HINT FROM CHRIS: I use a flat wooden spoon with one or two holes in it to stir any custard or cream sauce or gravy. This works especially well when adding egg yolks. There is no need to cook in a double-boiler if you are stirring vigorously with one of these!

This marvelous Mexican dessert is light & airy--perfect even after the heaviest sort of meal!

Kathryn Walton
(Mrs James)

APPLE DUMPLINGS

Pie crust dough Sugar, cinnamon & butter
6 cooking apples Crushed walnuts

*These are the dumplings I served at J's
Coffee Shop for many years!*

Helen Glodt

Mix pie crust, not too short. Turn out on floured surface & roll to 1/4" thick. Cut into 5" squares. Chop apples & put a handful in the middle of each square. Sprinkle with sugar & cinnamon & dot with butter. Fold corners to center & pinch together securely. Prick with fork. Arrange dumplings in pan & pour syrup over top. Sprinkle with walnuts & bake at 375° until the apples are tender & pastry is brown.

Syrup: Combine in a saucepan 1 1/2 cups sugar, 2 cups water, 1/4 cup butter, 1/2 tsp cinnamon & 1/2 tsp nutmeg. Cook until boiling & let syrup simmer 30 minutes or more.

FROZEN APRICOT MOLD

1 cup water plus 1 cup sugar
1 qt can apricots, drained
2 bananas plus juice of 1 lemon
1 pt cream (whipped), mixed with 2 Tbs
powdered sugar & 1 cup ground nuts

*This very rich dessert was one of my
mother's favorites for parties. I use the
modern blender to make it, but the combina-
tion still tastes great! No additional
dressing is needed.*

Maxine Buren

Boil sugar & water to make a thick syrup; cool. Put a few apricots, the bananas & lemon juice into blender; mix well; add remaining apricots & blend (on "liquefy" to break up all skin particles.) Mix fruit into cooled syrup; pour into bottom of chilled mold (round melon or two 1-qt molds). Top with whipped cream & freeze without stirring.

*I smuggled this recipe from a New Orleans
A.G.C. convention!*

Hanna Pence

CHOCOLATE MOUSSE (Serves 8)

I like to use dark imported chocolate for this elegant mousse. Vandermint is good-- also Suchard, Tobler, etc. Another nice addition is to substitute Grand Marnier for the vanilla flavoring.

Melt chocolate slowly in top of double-boiler. Blend in coffee, stirring until smooth; remove from heat. Beat egg yolks with electric mixer until thick & light; mix in melted chocolate; set aside. Beat egg whites & pinch of salt with mixer until soft peaks form. Finish beating by hand with a large wire whisk until stiff but not dry. Fold chocolate mixture very, very gently into whites. Do not stir. Whip cream, add sugar & flavoring & fold carefully into chocolate mixture. *Spoon into a crystal compote, souffle dish or stemmed glassware; cover with plastic wrap & refrigerate several hours or overnight. When firm, mound extra whipped cream on mousse; sprinkle with grated chocolate.*

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205

BOCCONE DOLCE (Sweet Mouthful)

- 4 egg whites, beaten with pinch of salt & 1/4 Tbs cream of tartar
- 1 cup sugar
- 1 (6-Oz) pkg semisweet chocolate chips, melted with 3 Tbs water
- 3 cups heavy cream plus 1/3 cup sugar
- 1 pint strawberries, sliced

This is actually an icebox cake, the like of which I have never tasted anywhere but at Sardi's in New York. The combination of strawberries & bittersweet chocolate in a meringue & whipped cream cake is enough to send you right out of this world!

*From the students of Chef
Chuck Miles of Portland*

For meringue layers, preheat oven to a very slow 250°. Beat the egg whites with the salt & cream of tartar until very stiff. Gradually beat in 1 cup sugar & continue beating until very stiff & glossy. Line baking sheets with waxed or brown paper & on paper trace 3 circles, each 8" in diameter. Spread meringue evenly on circles about 1/4" thick; bake for 35 to 45 minutes. Turn oven off & let meringues dry for several hours. (They will be pale gold but still pliable.) Remove from oven; immediately & carefully peel off waxed paper from bottom. Put on cake racks to dry.

Filling: Melt chocolate pieces with water. Whip cream until stiff, gradually add 1/3 cup sugar. Slice strawberries. Place the meringue layer on a serving plate & spread with a thin coating of melted chocolate. Spread a layer about 3/4" thick of the whipped cream; top this with a layer of sliced strawberries. Put second layer of meringue on top & repeat. Repeat with third layer. Frost sides smoothly with remaining whipping cream. *Decorate top in informal pattern with whole ripe strawberries, chocolate squeezed through a pastry tube, etc. Refrigerate at least 2 hours before serving. Serves 8 to 10.*

CHOCOLATE TARTE (Serves 6 to 8)

2 eggs, separated
1/8 tsp each salt & cream of tartar
1/2 cup each sugar & finely-chopped pecans
1/2 tsp vanilla
1 pkg (1/4 lb) German Sweet Chocolate
3 Tbs water
1 cup whipping cream, beaten in chilled bowl
with 1 Tbs powdered sugar & 1/8 tsp cinnamon

This recipe is really light & airy! I like it because it has to be made the day before & it also can easily be doubled. Just bake in the next larger pan size.

Shirley Daggsell

Combine egg whites, salt & cream of tartar in bowl; beat until foamy, adding sugar 2 Tbs at a time & beating well until mixture is blended & stands in stiff peaks. Fold in nuts & vanilla; spoon into lightly buttered 8 or 9" Pyrex pie pan, building edges up 1/2" above rim of pan. Bake at 275° for 50 to 55 minutes. Cool.

Filling: Melt chocolate & water in double-boiler over low heat; stir until smooth. Stir in beaten egg yolks; cook 1 minute, stirring constantly; cool. Spread 1/2 whipped cream mixture on meringue shell. Fold other half into chocolate mixture & spread over cream in shell. Chill overnight.

HINT FROM CHRIS: Another good filling for cream puffs, meringues, etc., can be made by combining 1 can of Eagle Brand condensed milk with 1 (8-oz) pkg of cream cheese, 1/3 cup real lemon juice & 1 tsp vanilla. Top with any fresh or frozen fruit--blueberries, raspberries, strawberries, etc.

CHOCOLATE DESSERT TORTE

1 cup butter plus 2 cups powdered sugar
3 eggs, separated
2 sq melted chocolate (semi or unsweetened)
1 cup nutmeats plus 1 tsp vanilla
1/2 lb crushed vanilla wafers

*This is the Heiber's Saturday night special
& is easy enough for a child to assemble.
It is supposed to keep for several days but
rarely does!*

Mrs Glen Heiber

Cream butter & powdered sugar; add egg yolks & beat well. Mix in melted chocolate. Beat egg whites & fold in. Add vanilla & nutmeats. Place half of crushed wafers in the bottom of square or rectangular pan. Fill with chocolate mixture & top with remaining wafers. Refrigerate at least 2 hours or overnight. Cut into squares to serve.

FRENCH MINT PIE: Basically the same recipe as above but serves 18. Sprinkle 1 cup vanilla wafer crumbs into the bottom of 18 cupcake liners placed in cupcake pans to hold shape. Beat 1 cup butter with 2 cups powdered sugar until very light; add 4 whole eggs one at a time, beating well after each. Stir in 4 sq melted unsweetened chocolate, 1 tsp peppermint flavoring & 2 tsp vanilla. Add 1/2 cup finely-chopped nutmeats. Fill cupcake liners with mixture; sprinkle 1 cup crumbs over top & freeze. When serving, thaw & garnish with a dollop of whipped cream.

Mrs Dewey Rand

HINT FROM CHRIS: You can freeze your whipped cream dollops, too, if you beat cream very stiff, pile spoonfuls on waxed paper, quick-freeze & then place in plastic bags!

FRUIT-SOUP DESSERT (Serves 8 to 10)

1 (11-oz) pkg mixed dried fruits
1/2 cup golden seedless raisins
3 or 4" stick cinnamon
1 orange, unpared & cut in 1/4" slices
2 1/4 cups unsweetened pineapple juice (1 #2 can)
1/2 cup currant jelly plus 1/4 cup sugar
2 Tbs quick-cooking tapioca plus 1/2 tsp salt

This can be made ahead & reheated to serve warm, or it can be served cold. It is a good compliment to seafood & chicken dishes!

Midge Brewer

Combine fruits, raisins & cinnamon with 4 cups water. Bring to boiling; reduce heat & simmer uncovered until fruits are tender, about 30 minutes. Add remaining ingredients; bring to boiling; cover & cook over low heat 15 minutes longer, stirring occasionally.

FRUIT COCKTAIL PUDDING CAKE: Beat 1 egg in mixing bowl; add 1 (#2) can fruit cocktail with juice & 1 tsp vanilla. Mix together. Sift 1 cup each flour & sugar with 1 tsp soda & 1/4 tsp salt (3 or 4 times). Sift into fruit cocktail mixture, stirring only until blended. Pour into greased 8x8" pan. Combine 1 cup each brown sugar & walnuts (or you may use combination of 3/4 cup each brown sugar & coconut and 1/2 cup chopped walnuts). Sprinkle over top & bake at 325° for 35 to 40 minutes. Serve with whipped cream or soft ice cream. *This simple, never-fail recipe was turned in by two Boosters.*
Note it has no shortening!

Florence Riggs

Hazel M. Link

OZARK PUDDING

1 egg	1/2 tsp vanilla
3/4 cup sugar	1/2 cup nuts
1/3 cup flour	1/4 cup coconut
1 tsp baking powder	3/4 cup chopped apple
1/4 tsp salt	Whipped cream

This is from a Southern belle we met in the service who had a reputation for being an excellent cook. This was her only recipe both my husband & I liked!

Betty May Settecase

Beat the egg; add sugar, flour, baking powder, salt & vanilla. Stir in nuts, coconuts & chopped apples. Bake at 350° for 30 to 40 minutes. Top with whipped cream.

PARTY BISQUE

Here's a simple, not too rich frozen dessert that older women like!

1 pkg lemon-flavored gelatin	3 Tbs lemon juice
1/3 cup honey	1 tsp grated lemon peel
1/8 tsp salt	1 (13-oz) can Evaporated milk
	2 cups vanilla wafer crumbs

Hannah Hanzen

Hannah H.

Dissolve gelatin in 1 1/4 cups hot water. Add honey, salt, lemon juice & peel; chill until partially set; beat until fluffy. Whip chilled milk; fold into gelatin mixture. Put 1 cup crumbs in refrigerator tray; fill with mixture; top with remaining crumbs. Freeze.

ORANGE-LEMON SHERBET: Mix the juice of 6 large oranges & 3 lemons with 2 cups granulated sugar. Add 1 pt whipping cream & 1 qt each whole milk & half & half. Freeze in 4 or 5-qt ice cream freezer (crank or electric). A delicious home-made sherbet. *Kay Boeder*

CHRIS' SIMPLE HEALTH TORTE

6 egg yolks plus 1 cup powdered sugar
1 cup ground raw carrots
1 cup finely-ground nuts
6 egg whites plus 1 tsp vanilla or almond

This is so easy to make it's hard to believe! You may also substitute ground cranberries or another mixture for the carrots if you wish!

Chris Slater

Beat yolks until very, very thick & light. Add powdered sugar gradually; fold in carrots & nuts. Beat whites until stiff; fold in with flavoring. Bake in 3 greased & floured 8 or 9" cake pans FOR 18 MINUTES ONLY at 325 to 350°. Cool on rack & frost with your favorite frosting or plain whipped cream. Optional toppings: Fresh peaches or raspberries. Or a frosting made by combining 1/2 cup butter, 2 cups powdered sugar, a bit of flavoring, a little hot coffee & ground nuts. Mix just enough to spread easily.

GRAND MARNIER SAUCE

6 egg yolks plus 1/2 cup sugar
1/2 cup butter plus 1/4 cup Grand Marnier

Here's the sauce that had the entire cookbook committee absolutely drooling! And Chris is kind enough to share it with us!

Chris

Beat egg yolks until very, very thick & light (I mean a lot!). Add sugar very gradually; then add softened butter, continuing to beat constantly. Last fold in Grand Marnier. Store in refrigerator or freezer. Soften at room temperature & stir just before serving. Try a little sauce spooned over fresh fruit in champagne glasses & hear the "ah's." Or spoon some over fresh berries in Chris' Never-Fail Pastry tart shells. Also good with angel food or pound cake, or even as a cake filling with extra butter added.

PEACH COBBLER

4 1/2 cups sliced peaches
3/4 cup sugar
1 Tbs flour
1/8 tsp nutmeg
1/8 tsp almond flavoring
Biscuit roll slices

This has been a tremendous hit with my family & it smells marvelous while cooking! It's best with fresh peaches, but can be made with canned.

Elaine Wiltse

Place peaches in 8" glass baking dish. Combine sugar, flour, nutmeg & almond; sprinkle over top. Place biscuit roll slices on peaches & bake at 400° for 30 minutes.

Biscuit rolls: Sift together 1 1/2 cups flour, 2 tsp baking powder, 1/2 tsp salt & 1 Tbs sugar. Cut in 1 cup shortening with pastry blender. Beat 1 egg with 1/4 cup milk & add, mixing to form soft dough. Roll on lightly floured board to 1/4" thick; brush with melted butter; sprinkle with cinnamon & sugar; roll up jelly-roll fashion; cut in 1/2" slices.

GARCHE PEARS: Peel, core & slice 8 large ripe pears thinly. Arrange in a serving dish; pour 1 cup cold white wine over the top & chill. Before serving, mix 2 cups orange juice with 4 Tbs cointreau. Pour this over pears & sprinkle with 5 Tbs powdered sugar.

I was fortunate to be invited to a celebration feast for a returning concentration camp prisoner after the close of World War II in Garche, France. At first, the emaciated & pitiful appearance of this man cast a somber spell on all, but before long the mood changed & the atmosphere was filled with gaiety & festivity. The feast lasted for four hours & one of the desserts--completely foreign to my taste but simply delicious, was this!

Jane Miles

PRINCESS CHARLOTTE PUDDING

1 pt milk	1 env. Knox gelatin
1/2 cup sugar	2-oz water
1 Tbs cornstarch	1/2 pt whipping cream
2 whole eggs	Vanilla & almonds

Combine milk, sugar, cornstarch & eggs in double-boiler. Cook over hot water, stirring constantly with wooden spoon until custard is thickened & coats a spoon. Remove from heat; stir until very smooth; cool to about 60. Heat water a little to dissolve gelatin; stir into custard cream until it begins to set. Beat whipping cream until firm; sweeten to taste; add a little vanilla & 6 to 8 medium roasted almonds. Fold gently into cooked custard. Spoon into a 1-qt or 6 individual molds. Refrigerate at least 4 to 5 hours.

SPOOM (serves 12)

1/2 cup sugar plus 2 Tbs water
6 egg whites plus 2 pts lemon sherbet
Champagne (or Rose or white wine)

Boil sugar & water in saucepan over medium heat until it forms thin threads when dropped from a spoon (238F on candy thermometer). Meanwhile, beat egg whites until stiff; add hot syrup gradually in thin thread; beat until cold; fold in lemon sherbet. Spoon into 12 freezer-proof stemmed glasses to about 3/4 full; cover & freeze. To serve, remove enough glasses for guests. At table, pour a few Tbs Champagne or wine over top.

I got this recipe many years ago from Henry Thiele in Portland. I like to serve it with a tart fruit sauce such as raspberry, strawberry or loganberry, sweetened & thickened just a bit with cornstarch!

Olivia Brock

Chef Walter Blum of the Mauna Kea Beach Hotel perfected Spoom to serve as an accompaniment to fish, poultry or meat courses. I like it for a light dessert after a rich meal & it can be made up to 1 week ahead!

Doris Haag

COCONUT CRUNCH TORTE: Combine 1 cup crushed graham cracker crumbs, 1/2 cup coconut & 1/2 cup chopped walnuts. Beat 4 egg whites until foamy with 1/4 tsp salt & 1 tsp vanilla. Gradually add 1 cup sugar & continue beating until stiff. Fold crumbs into whites & pour mixture into greased 10x6" pan or pie plate. Bake at 350° for 30 minutes. *Serve this with a generous scoop of coffee ice cream on top!*

Pat Gahledy

ICE CREAM PIE: Melt 2 squares unsweetened chocolate & 1/4 lb butter in double-boiler; add 1 1/4 cups sugar & 1/4 cup flour. Break in 3 eggs, one at a time, beating well after each addition. Bake in buttered pie tin in 300° oven for 35 to 40 minutes. Cool & fill with ice cream about 1 hour before serving. Cut into pie-shaped pieces.

Joe Maison

SODA-CRACKER PIE

3 egg whites, beaten until stiff	1/2 tsp baking powder
3/4 cup sugar	3/4 cup soda crackers, rolled fine
1 tsp vanilla	1/2 cup chopped nuts

The recipe for this delicious confection has been a longtime favorite of both of these ladies!

Mary Bailey (Mrs. Cass H.)

Josephine Spaulding

Beat sugar, vanilla & baking powder into egg whites to make a meringue. Mix crackers & nuts together & fold into whites. Put in well-greased pie plate; form crust & bake 20 to 25 minutes at 325°. *Delicious filled with sweetened fresh sliced peaches or berries with a custard sauce or whipped cream spooned over the top!*

it is a pleasure to labor for those we love
it is a pleasure to labor for those we love
it is a pleasure to labor for those we love





NEVER-FAIL PIE CRUST

1 1/2 cups flour 3 to 4 Tbs water
1/2 tsp salt 1 cup corn flakes,
3/4 cup butter crushed

Blend first 4 ingredients. Last, toss in cup of crushed corn flakes; then pat very thinly into two single pie plates or into tart shells or muffin tins. Bake at 375° just until light brown, approximately 10 to 12 minutes. *Delicious served with fresh fruit in season in the shell & Grand Marnier Sauce (in dessert section) spooned over the top. It also may be doctored up to suit whatever filling you plan to use. Add a pinch of pumpkin pie spice for pumpkin pie, a little grated cheese for apple; grated orange for fruit, etc.*

Chui Sloper

ROSS GOSS' PIE CRUST

1 cup flour 1 tsp baking powder
1/2 cup shortening 1 Tbs sugar
(or butter & lard) 1 Tbs water

Another delicious crust. Fill it with Rum Vanilla Pudding, Whipped Cream & Mexican Chocolate--or try a Blueberry Open Pie!

Rose H Goss

Crumble dry ingredients & shortening together like corn meal, (mash together between thumb & fingers). Sprinkle cold water over; mix to hold together. Roll between sheets of floured waxed paper. Peel off top waxed paper; turn upside down over pie plate & peel off bottom. Prick with fork & bake 10 minutes. Watch closely; it will burn easily!

BANANA ANGEL PIE

16 graham crackers, crushed	1 1/2 cups whipping cream
1/2 cup melted butter	1 cup coconut
4 egg whites	2 Tbs sugar
1 tsp vinegar	1 tsp vanilla
1/4 tsp salt	1 cup sliced bananas or peaches
1 cup sugar	

I keep getting so many requests for this recipe & for the pie itself, I feel rather guilty--because Ruth Hicks gave me the original, however now she says she wants a new copy because she lost it!

Barbara Geiser

Mix graham cracker & melted butter together & press firmly into pie plate. Beat egg whites until frothy; add vinegar & salt; add sugar 2 Tbs at a time & beat until stiff. Spread on crumb crust & bake at 275° for 1 & 1/4 hours. Cool on rack & make filling. Filling: Toast 1/2 cup coconut & set aside. Whip cream & fold in remaining 1/2 cup coconut, sugar & vanilla. Arrange fruit on meringue; top with whipped cream mixture. Sprinkle with toasted coconut.

PIE CRUST: Mix 3 cups flour with 1 tsp salt; blend in 1 1/2 cups shortening. Mix together 1 egg, 1 Tbs vinegar & 4 Tbs cold water. Dribble in while tossing with fork until mixture hangs together. Form into ball; wrap in waxed paper; refrigerate 20 to 30 minutes before rolling into crusts. Prick well with fork & bake at 375° for 10 to 12 minutes. *This recipe makes 5 single crusts & I use it for all my frozen pies. It is very tender & flaky!*

Thelma Bowlin

CHOCOLATE ANGEL PIE

1/2 lb marshmallows (30 to 32)	2 (1-oz) squares un- sweetened chocolate, grated
1 cup milk	1/2 cup chopped walnuts
1/8 tsp salt	1 9" baked pie shell
1 tsp vanilla	1/4 cup shredded coconut
1 cup heavy cream	

This is the best dessert I have. It can be made a day in advance & it's one of those extra-special, glamorous party pies! It appeared in Better Homes & Gardens way back in 1951!

Editha Rowell

Add marshmallows to milk; heat over boiling water until marshmallows are melted. Cool & stir in salt & vanilla. Whip cream & fold in with chocolate & nuts. Pour into cooled pie shell. Sprinkle with coconut & chill. Top with whipped cream & shaved chocolate.

ORANGE MACAROON ANGEL PIE FILLING

4 egg yolks	1 Tbs lemon juice
1/3 cup sugar	2 Tbs orange juice
1 tsp <u>each</u> grated orange & lemon rind	1 cup whipping cream
	1 cooled meringue shell

Here's another elegant dessert for bridge club. It serves 6 to 8!

*Jackie Mader
(Mrs. Howard A.)*

In double-boiler, beat egg yolks until thick & lemon-colored. Beat in sugar, lemon & orange juice & peel. Cook over boiling water, stirring constantly, until thickened (about 10 minutes). Cool. Whip cream & fold into mixture. Spoon filling into cooled meringue shell & chill several hours before serving. Top with toasted coconut. *NOTE: Sprinkle meringue shell with 1/4 cup shredded coconut before baking for extra flavor!*

HINT FROM CHRIS: To serve more than six nicely, bake two pie shells in one large pan, such as a flan pan. Watch your baking time as different pans take different times. Also, it is nice to let pie (or cookie) dough rest in the refrigerator for 10 minutes or so before rolling. It turns out far more flaky & tender!

APPLE PIE

1 pre-baked pie shell	2 Tbs fresh lemon
1 cube butter, melted	juice
3 Tbs min. tapioca	6 or 7 peeled apples
1 tsp vanilla	sliced or cut fine
1/8 tsp <u>each</u> grated	3/4 to 1 cup sugar
lemon & orange peel	Salt, cinnamon & nutmeg

The secret of this pie is that it's made in a frying pan. I never make an apple pie any other way. You know when the apples are cooked & how sweet they taste! It's a never-fail recipe that's very elegant.

Chui Sizer

Melt butter in electric frying pan. Soak tapioca in tiny bit of cold water (just to cover to start action). Add to butter with vanilla, lemon peel & juice, apples, sugar, a dash of salt & cinnamon & nutmeg to taste. Cook over moderate heat, stirring constantly with wooden spoon, just until tender. When cool, spoon into pre-baked pastry shell of your choice. May be topped with an apricot jelly glaze, a bit of whipped cream or sour cream, shredded cheddar cheese, a meringue, or just served plain. Equally good all ways!

HINT FROM CHRIS: To make a good, ALL-AROUND PIE TOPPING, beat 1 egg white stiff; add 1/3 cup sugar gradually; fold in 1/2 tsp grated lemon peel, a pinch of salt & 1 grated apple. This may be tinted, if desired. Flame it or put under a broiler. Liquid flame works good. If the pie is apple, a touch of liquid cinnamon is also nice!

ROBERT'S CHOCOLATE PIE

2 sq unsweetened chocolate	1 egg
3/4 cup sugar, dash salt	2 Tbs butter
1 1/2 cups milk	1/2 tsp vanilla
3 Tbs cornstarch, mixed with 1/2 cup milk	Whipped cream
	1 baked pie shell

My son, like most boys, loves chocolate in all forms. This is his favorite pie. We like the crust made with whole-wheat flour!

Jean Hoefke (Mrs F.H.)

Melt chocolate in double-boiler; add sugar & salt & stir. Heat & add 1 1/2 cups milk to chocolate mixture very slowly. When warmed, add milk & cornstarch; stir until thick. Remove pan from heat & beat egg slightly. Warm it with a little chocolate mixture & add to remaining chocolate mixture. Stir in butter & cook 2 minutes more, stirring constantly. Add vanilla; cool slightly & pour into shell. Chill well & serve with whipped cream.

GERMAN SWEET CHOCOLATE PIE: *My favorite recipe for chocolate pie is the one on the 4-oz bar of Bakers German Sweet Chocolate. As a judge of chocolate cakes at the State Fair, I feel pretty much an expert on anything chocolate & this is as good as any I've tasted!*

Gerry Frank

HINT FROM CHRIS: *To prevent pie-crust dough from sticking, roll it between two sheets of waxed paper dusted with flour or a few cracker crumbs (graham, soda, broken ice cream cones, etc.) Peel off top paper; transfer to pie plate; then peel off bottom paper!*

HAWAIIAN COCONUT CREAM PIE

2 cups fresh milk 1 tsp vanilla
1/2 cup sugar 1 1/2 cups grated
3 eggs, separated coconut (fresh or pkgd)
1/8 tsp salt 2 Tbs sugar
4 tsp gelatin 1 baked 9" pie shell

There is great fun in breaking open a fresh coconut with a hatchet & the flavor of the finely grated fresh meat cannot be improved upon! Serve with whipped cream & coconut on top (except for weight watchers!).

Stephanie Scott

Combine milk & 1/2 cup sugar; heat to boiling point; gradually pour half of milk over beaten egg yolks. Return to saucepan & remaining milk. Add salt & heat to boiling point again, stirring constantly. Remove from heat; fold in gelatin softened in 1/4 cup cold water. Add vanilla & chill until thick. Add coconut & egg whites beaten until stiff with 2 Tbs sugar.

EGG NOG PIE

4 eggs, separated 1 Tbs gelatin
1 cup sugar 1/4 cup cold water
1/2 tsp salt 1 tsp nutmeg & 2 tsp rum
1/2 cup hot water 1 pre-baked pie shell

This is one of my family's favorite pies & they always request it for holiday gatherings! Serve with a topping of whipped cream & a sprinkle of nutmeg!

Clive Brock

In double-boiler, beat together yolks, 1/2 cup sugar, salt & hot water; cook over boiling water until custard coats a spoon, stirring constantly. Dissolve gelatin in cold water & pour custard over top. Watch & cool, stirring occasionally, until partly congealed. Fold in stiffly beaten egg whites blended with remaining sugar, nutmeg & rum. Pile into shell.

ENGLISH TOFFEE PIE

2 cups heavy sour cream
2 1/4 cups sugar plus 1 tsp ground cloves
3 eggs plus 2 egg yolks
3 cups seedless raisins
1/2 cup each chopped walnuts, quartered
blanched almonds & chopped hazelnuts
1 tsp vanilla plus 1/4 cup sherry or brandy
2 unbaked 9" pie shells

This great pie is originally from Wisconsin, I believe. I try to keep one in the freezer at all times for company dinners. It is very rich, so don't serve too large a piece!

Bonnie Kirby

Combine sour cream, sugar & cloves; blend well. Beat together eggs & yolks; stir into sugar mixture. Stir remaining ingredients into mixture & blend well. Pour into pie shells & bake in 400° oven for 15 minutes; reduce heat to 350° & bake 35 to 40 minutes longer (or until silver knife inserted in center comes out clean.) Serve with whipped cream.

IRISH COFFEE PIE: In small bowl, combine 1 (3 1/2-oz) pkg Vanilla Whip & Chill dessert mix with 2 tsp instant coffee powder. Add 1/2 cup cold milk & beat at high speed with electric mixer for about 1 minute. Blend in 1/3 cup water & 3 Tbs Irish whiskey; beat at high speed until fluffy (about 4 minutes). Whip 1/2 cup cream & carefully fold into mixture. Pile into a pre-baked 8" pie shell & chill for 3 to 4 hours. *Garnish each serving with additional whipped cream & chocolate shavings! The flavor is elegant.*

Kathy Turner

MOTHER SPRINGER'S GRAPE PIE

3 cups prepared 1 Tbs grated orange rind
Concord grapes 2 Tbs quick tapioca
3/4 cups sugar 1 Tbs flour
2 tsp lemon juice Pastry for 9" 2-crust pie

I'd never heard of Grape Pie until Mother Springer introduced me to the delicious dessert. The grape skins & pulp freeze well. Handle as any other fruit.

Carole Springer

Slip grapes from skins & save skins. Cook grape pulp until seeds loosen; then press through coarse sieve or colander. Mix grape pulp with skins, sugar, lemon juice, orange rind, tapioca & flour; set aside. Prepare pastry. Pour grape mixture into pastry-lined pie plate. Top with crust or lattice top. Bake at 425° 10 minutes; reduce oven temperature to 350° & continue baking 30 to 35 minutes longer. Delicious with ice cream.

PRUNE TARTS

2 1/2 cups flour 1 cup shortening
1 Tbs sugar 2 egg yolks plus milk
1/2 tsp salt to measure 2/3 cup

This is a favorite prune recipe from a grower's wife! She ought to know.

*Mrs. Wayne
Simmons*

Sift dry ingredients, blend in shortening; beat yolks & milk & add; chill. Prepare filling. Prune Filling: Combine 3/4 cup sugar & 1 egg in saucepan; mix well. Add 1 cup chopped dried prunes (or coarsely-ground), 3 Tbs lemon juice & 1 tsp grated lemon rind. Bring to a boil & simmer 3 minutes, stirring constantly. Add 1/2 cup chopped walnuts & cool. Roll out pastry & cut into 3" circles or press into tiny muffin pans. Fill with prune mixture & seal edges. (Cut slits in top if using rolled dough; leave open if using muffin pans.) Bake at 425° for 20 minutes.

LEMON MERINGUE PIE FILLING

3 large eggs (not extra large or jumbo)	1/2 cup cornstarch
1 tsp grated lemon rind (not shredded)	1 1/2 cups sugar
1/2 cup fresh lemon juice	1 1/2 cups hot water
	2 Tbs butter or margarine

This is a marvelous, standard, cannot-fail type filling I cut from a 1968 magazine. My son made it when he was 14! It is best not refrigerated before serving. But to keep over 3 hours if any pie is left-over, refrigeration will be necessary!

Editha Rowell

Separate eggs while cold & set aside whites at room temp. Put yolks in medium bowl & beat lightly with fork. Prepare lemon rind & juice. Measure cornstarch, sugar & salt into heavy 2-qt saucepan. Mix well with wooden or metal spoon; add hot water & stir until smooth. Cook over high heat, stirring constantly, until mixture begins to thicken. Reduce heat to medium & let bubble 8 minutes, stirring constantly (mixture will be very thick). Remove from heat & stir several spoonfuls into egg yolks, mixing thoroughly. Return to mixture in saucepan. Cook over medium heat, stirring, 5 minutes (mixture will be extremely thick). Remove from heat; stir in butter & lemon rind. Add lemon juice in fourths & mix until smooth. Scrape out same bowl used for yolks & cool thoroughly to room temp. Pour into 9" pre-baked pie shell & top with Chris' Meringue.

HINT FROM CHRIS: For a MERINGUE that will always hold up, never spread away from your pie, never shrink & never weep--mix together 1 Tbs cornstarch & 2 Tbs cold water. Add 1/2 cup boiling water & stir 2 to 3 minutes until clear. Cool. Beat 3 egg whites & 1 tsp lemon juice until foamy; continue to beat until stiff while adding 6 Tbs sugar gradually. Fold in cooled cornstarch mixture. Spread on pie filling & bake at 325° for 15 minutes. Always cut meringue with knife dipped in warm water.

MACADAMIA CREAM CRUNCH PIE

1 env unflavored gelatin	1 Tbs rum
1/4 cup cold water	1 tsp vanilla
3 eggs, separated	1 cup whipping cream
1/2 cup sugar	Macadamia crunch candy
	9" pie shell, baked & cooled

This is a heavenly combination of eggs, whipping cream, macadamia crunch dandy! We feel fortunate to have the recipe for the sharing.

Susie Brock

Mix gelatin & water; let stand until softened; dissolve over hot water. Beat egg whites until stiff; gradually add 1/4 cup of the sugar until whites hold peaks. Beat egg yolks with remaining sugar until thick; add gelatin, rum & vanilla & pour into bowl with whites. Whip 1/2 cup of the cream until stiff. Fold cream, 3/4 cup of macadamia crunch candy & the egg yolk & white mixture smoothly together. Pour into pie shell; chill until firm, about 3 hours. Whip remaining cream & spread over pie. Sprinkle with remaining macadamia candy. Cover loosely & chill as long as overnight. Makes 8 or 9 servings.

Macadamia Crunch Candy: In small deep saucepan, stir together 1/2 cup sugar, 1/4 cup water & 2 Tbs butter. Boil over highest heat, stirring occasionally, until temperature registers 280° on candy thermometer. Have ready 3/4 cup salted macadamia nuts mixed with 1/4 tsp sifted soda. When candy reaches temperature, add nuts. Remove at once from heat, stir until blended; pour at once onto a buttered baking sheet & spread out with spoon. Let cool. Crush candy coarsely & store in airtight container until ready to use.

HINT FROM CHRIS: Baking time often depends on the type of pan used as well as where it is placed in the oven & how regular & even oven temperature happens to heat! A pie crust will not brown as much in a pyrex pan as a metal one & baking time is sometimes longer!

PECAN PIE #1: Beat together with rotary beater 3 eggs, 1/2 cup sugar, 1/2 cup each light & dark corn syrup, 1/3 cup melted butter or margarine, 1 tsp vanilla, 1/2 tsp grated orange rind, & 1/8 tsp salt. Mix in 1 cup coarsely-grated pecans. Pour into 9" pastry-lined pie pan. Bake at 350° (325° if using pyrex pan) for 40 to 50 minutes or until mixture is set & pastry is brown. *Check this pie toward the last of baking period to see that it doesn't get too brown. It may be covered with a piece of aluminum foil to prevent this. Serve slightly warm or cold with whipped cream!*

Margaret Much

PECAN PIE #2: Beat 3 eggs, 3/4 cup sugar, 1/2 cup dark Karo syrup & 2 tsp lemon juice together. Add 1 tsp flour, 1/4 tsp salt & 1 cube of melted butter. Add 1 cup chopped pecans & pour into unbaked pie shell. Bake 15 minutes at 400°. Reduce heat to 350° & bake 20 to 25 minutes longer. *This is a slightly different version & equally delicious!*

Bula Smith

RASPBERRY FLUFF PIE

1 pre-baked pie shell	1 cup heavy cream,
1/2 cup orange juice	whipped
1/2 lb large marsh-	1 cup crushed
mallows (about 32)	raspberries

This is a yummy pie that's quick to prepare. I like to garnish it with whipped cream, a whole raspberry & a mint sprig!

Mary Mainwaring

Heat orange juice in top of double-boiler; add marshmallows & stir over hot water until melted; cool. Chill in refrigerator until partially set; fold in whipped cream, then raspberries. Pour into pre-baked pie shell & refrigerate until serving time.

MOUNTAIN HIGH PIE

2 egg whites
1 cup sugar
1 Tbs lemon juice
1 (10-oz) pkg frozen berries
(either strawberries or raspberries)
1 cup heavy cream

Beat egg whites until stiff. Add sugar, lemon juice & berries. BEAT 15 MINUTES, no less, on high speed. Fold in stiffly-beaten whipping cream. Freeze overnight.

NOTE: This recipe works either with thawed & drained berries or frozen ones!

RHUBARB CHIFFON PIE

2 1/3 cups fresh	1/4 cup cold water
rhubarb, diced	3 eggs, separated
3/4 to 1 cup sugar	1/4 cup lemon juice
1 env <u>plus</u> 1 tsp	1/3 cup sugar
unflavored gelatin	1/4 tsp salt

Pour this into a pre-baked 10" pie shell or a graham-cracker crust for a delicious taste treat! It is similar to "Mile-High" pies but not quite as rich!

<i>Maysel Hansen</i>	<i>Thelma Bowlin</i>
<i>Martha Norris</i>	<i>Selma Edwards</i>

This is a great pie & a sure winner for rhubarb lovers. I like to sometimes top it with a thin layer of slightly sweetened whipped cream before serving!

Janet Bain

Combine rhubarb, sugar & a little red food coloring. Let stand for 1 hour; then simmer to a sauce. Soften gelatin in cold water; add to rhubarb to dissolve; cool. Cook egg yolks, lemon juice, sugar & salt over hot water until thick, stirring constantly. Cool; add to rhubarb. Beat 3 egg whites stiff; gradually add 4 Tbs sugar; fold into cooled rhubarb mixture. Pour into pre-baked pie shell & chill well before serving.

APPLE BARS

3 cups flour
1 Tbs sugar
1 tsp salt
1 cup shortening
1 egg yolk plus milk to total 2/3 cup

1 cup cornflakes
6 or 7 cups sliced apples
1 cup sugar
1 tsp cinnamon

This recipe was given to me by a good friend & excellent cook, Marlene Knieling. The bars should be glazed with a little milk & powdered sugar, mixed together.

Fran Valentino

Blend flour, sugar, salt & shortening together as for pie crust. Mix in egg yolk & milk. Roll out 1/2 of dough & place on jelly roll pan. Sprinkle cornflakes over crust; spread sliced apples on top; sprinkle with sugar & cinnamon. Roll out top crust & lay over apples, pressing edges to meet bottom crust. Mix together 1 unbeaten egg white & 1 Tbs water. Brush on top crust. Bake at 350° for 1 hour.

GRAHAM CRACKER COOKIES

1 pkg graham crackers (22 single)
1 cup each butter & brown sugar
1 cup chopped pecans (or walnuts)

These are cookies that are extremely simple to make; yet men are especially fond of them. I never hesitate to serve them for dessert at any luncheon or dinner!

Jane Kreitzberg

Place the graham crackers side by side to fill a 10x14" cookie sheet with a rim (the frosting is runny). Place the crackers very close together & use only 1 layer. Melt the butter & sugar; boil 2 minutes, stirring. Remove from heat & when bubbles stop, add pecans. Spread the sauce over the graham crackers & put in 325° oven for 10 minutes. Cut in squares immediately. Cool & serve.

BAKED FUDGE COOKIE

4 cups sugar	1 cup flour
1 cup butter	1/2 tsp salt
4 eggs	4 tsp vanilla
8-oz unsweetened Chocolate	4 cups chopped walnuts
	Powdered sugar

This makes a sort of brownie or cookie & it's a great favorite with young boys & men. Good with Vanilla or Mint ice cream!

Carol Mae Smith

Sift sugar. Beat butter until soft. Beat eggs until light. Add half the eggs to butter & gradually add sugar; blend until creamy & beat in remaining eggs. Melt chocolate & cool; add to mixture. Stir in flour, salt, vanilla & nuts. Line 2 greased 8x8" pans with waxed paper. Bake in 325° oven for 35 minutes. Place on rack to cool & sprinkle generously with powdered sugar or chocolate mint frosting. Cut in squares.

BISKOCHES

6 eggs	3 heaping tsp
1 cup sugar	baking powder
3/4 cup vegetable oil	1/4 tsp salt
1/4 cup water	5 cups flour

I would like to share with you an old "Sephardic" recipe for Biskoches--a delightful crisp, not-too-sweet cookie!

Selma Naimark

Reserve 1 egg yolk. Beat remaining eggs, sugar, oil & water until light. Add dry ingredients & blend well. Pinch off small piece of dough, roll pencil thin & form small circle. Beat egg yolk with a tsp of water & brush over cookies. Bake at 375° in preheated oven until light & brown, about 20 to 25 minutes.

BON BON COOKIES

Very good, easy & pretty!

3/4 cup chopped dates
3/4 cup chopped nuts
3/4 cup peanut butter
3/4 cup powdered sugar
1/4 cup soft butter

Mrs Elmer O Berg

Mix together & mold into small balls. Freeze. Dip in melted chocolate (any kind or color). Or for easier version pat into a square pan & spread melted chocolate on top.

CINNAMON SNAPS

This is a good family cookie & a long-time favorite!

3/4 cup shortening 2 cups flour
1 cup white sugar 1 tsp cinnamon
2 Tbs light molasses 1 tsp cloves
2 Tbs dark molasses 1/2 tsp salt

Thelma Ross

Cream shortening, sugar & molasses, add egg & beat. Sift together dry ingredients; stir in. Roll like marbles, dip each in sugar, re-roll. Bake on oiled sheets at 325 to 350°.

HINT FROM CHRIS: Never bake a cookie new to you until you pinch off a bit of the dough & try one or two to see baking time in your oven & how much the cookie spreads. Since all flours differ, amounts are difficult to determine. You can always add more.

COCOA BARS (48 bars)

1/2 cup margarine 1/2 cup milk
2 cups sugar 2 cups sifted flour
2 tsp vanilla 4 Tbs cocoa powder
4 eggs 1/2 tsp salt
1 cup chopped walnuts (optional)

These are kind of a cross between a cake & a cookie. They didn't seem to last long enough around our house so I doubled the recipe. Now we eat twice as many in the same amount of time.

Becky Schick

Cream butter & gradually add sugar & vanilla, beating well. Beat in eggs one at a time; stir in milk. Sift together dry ingredients & stir into creamed mixture. Add nuts & spread in 2 greased 9" square pans. Bake 20 minutes at 375° & frost at once.

Cocoa Frosting: With spoon, blend 3 Tbs cocoa, 2 Tbs milk, 1/2 tsp vanilla, 3 tsp margarine & 1 1/3 cup sifted powdered sugar. Frost, cool & cut each cake in 24 thin bars.

COTTAGE CHEESE GOODIES

4 cups flour
1 lb oleo or butter
14=oz dry cottage cheese

This is one of my favorite recipes from a very dear friend & excellent cook, Mrs. Harold Starkey in N. Elyrie, Ohio!

E. Don Le Dapre

Mix ingredients together as for pie dough. Let stand in refrigerator a few hours or overnight. Pinch off small balls of the dough & flatten out thin. Put your favorite filling in each, fold the dough over & pinch edges. Bake at 325 to 350° until brown. Sprinkle with powdered sugar. *Note: Ground nuts, small dried apricots, jam, a maraschino cherry--any filling may be used in these delightful & different cookies.*

HONEY CHOCOLATE SQUARES

1/2 cup butter	1 tsp cinnamon
1 cup brown sugar	1/4 tsp allspice
1 egg	1/2 cup sour cream
1/2 cup honey	1/2 cup chopped dates
2 1/2 cups flour	1/2 cup hot coffee
1 tsp baking soda	1 cup chopped nuts
1 tsp baking powder	1/4 cup shredded coconut
1/2 tsp salt	1 (6-oz) package chocolate bits

The ingredient "honey" is very significant during the Jewish High Holy Days, Rosh Hashonah and the Day of Atonement, as one wishes a "sweet" year for all mankind.

*Mrs. Theodore Levin
(Dina)*

Sift and set aside: flour, baking powder & soda, salt, cinnamon & allspice. Cream butter & sugar, add egg & beat well. Alternate flour mixture with sour cream. Add dates (previously softened in coffee), nuts & coconut. Blend well. Spread mixture in 9x13" pan, greased well & dusted with flour. Sprinkle chocolate bits on top of batter. Bake at 375° for 20 minutes. Cut in squares when cool.

DATE BALLS

2 cups each crushed graham crackers,
cut-up dates, small marshmallows
& chopped nuts
1 can Eagle Brand sweetened condensed milk

These no-bake cookies are fast & tasty. A favorite with kids & grown-ups!

Mollie Larsen

Mix all ingredients together & form into small balls. Roll in coconut or fine nuts.

DUNKIN PLATTERS

2 cups shortening	2 tsp baking powder
2 cups white sugar	1 tsp salt
2 cups brown sugar	2 tsp vanilla
4 eggs	2 cups grapenut
4 cups flour	flakes
2 tsp soda	2 cups quick oatmeal

Here is a real good cookie recipe for campers, for mailing to servicemen, for most anytime. If made large they can be stored layer after layer in coffee tins. They are used to dunk in coffee; it even adds to the flavor.

Eleanor Quackenbush

Cream the shortening & sugars; add the eggs. Mix in dry ingredients & vanilla. (I use my hands to mix as it is so stiff.) Then add the grapenut flakes & oatmeal. For large platter-type cookies, use an ice cream scoop; then flatten them with your hand on a cookie sheet. For home use, make them smaller. Bake at 350° for 10 to 12 minutes.

FRENCH-SWISS COOKIES

1 cup butter	2 cups sifted flour
1 cup sugar	2 1/2 tsp cinnamon
1 egg	Finely chopped walnuts

To press these cookies, I find it best to stretch a piece of cloth over the bottom of a glass, keeping it well-floured!

Carolyn R. Miller

Cream butter & sugar thoroughly; beat in egg yolk; add flour & cinnamon & blend well. Roll pieces of the dough into 1" balls between buttered palms. Place balls on ungreased baking sheet about 2" apart. Press out very thin with floured spatula. Paint with egg white & sprinkle with nuts. Bake at 350° for 10 to 12 minutes. Makes 6 dozen.

ORANGE TEA COOKIES - COINTREAU FROSTED

2/3 cup sugar
1/2 cup softened butter
1 egg
6 Tbs orange marmalade*
Rind of 1 orange, grated coarsely
1 1/2 cups sifted flour
1 1/4 tsp baking powder

This recipe was originally from an old cookbook, but I have doctored it up quite a bit over the years. It is a soft-type cookie with a delicious frosting! The recipe makes 3 to 3 1/2 dozen.

Marian Lowry Fischer

Beat sugar & butter until soft & fluffy. Add egg & mix thoroughly. Add all other ingredients, one at a time, re-sifting flour with the baking powder. Stir BY HAND until well blended (do not use mixer for this recipe). Drop by rounded teaspoonfuls on a lightly greased or Pam-sprayed baking sheet & bake about 8 minutes in pre-heated 375° oven, until cookies are golden brown at edges. If your oven is hot, 350° may be right. Remove from baking sheet & cool on rack. When cool, frost with Cointreau Frosting.

Cointreau Frosting: Mix powdered sugar & cointreau to right consistency & spread on cookies. (Kirsch or Triple Sec may also be used in place of Cointreau. When frosting is thoroughly set, store cookies in tightly covered container.

**NOTE: Use an imported type of marmalade such as "Robertson of Scotland"--it is thick-cut & not as watery as domestic. Also, sometimes for a change, I add 1/4 cup finely-ground filberts to the cookie dough.*

HONEY YUM-YUMS

2 3/4 cups oatmeal	Pinch of salt
1 3/4 cups flaked coconut	1 cup butter
1 cup flour	1/3 cup honey
1 1/2 cups brown sugar	1 cup chopped nuts
	1 <u>Tbs</u> vanilla

These cookies are great for a tea or a party. They can be frosted or served plain!

Chris Sloan

In a bowl mix oatmeal, coconut & flour. Bring brown sugar, salt, butter & honey to a boil & pour over flour mixture. Add nuts & vanilla. Drop into little souffle cups 1 teaspoonful at a time or drop on a cookie sheet. Bake at 350° for 8 to 10 minutes.

PECAN TASSIES

1 (3-oz) pkg cream cheese plus 1/2 cup butter, softened to room temperature
1 cup sifted flour
2/3 cup coarsely broken pecans
1 egg plus 3/4 cup brown sugar, 1 Tbs soft butter,
1 tsp vanilla & dash of salt (beat just until smooth)

These cookies keep well or can be frozen. This is usually a moot point, however, because they can disappear before you decide!

Shirley Taggwell

Make cheese pastry by blending flour into cream cheese & butter; chill about an hour & shape into 2 dozen 1" balls. Place in ungreased 1 3/4" muffin pans (your smallest) & press dough against bottom & sides. Sprinkle pecans into the little pastries & spoon the beaten egg mixture over top. Bake at 325° for 25 minutes or until filling is set.

DATE KISSES: Beat 2 egg whites stiff. Add 1 cup powdered sugar, 1 tsp vanilla, 1 cup chopped nuts & 1 cup finely-chopped or cut-up dates. Butter cookie sheet & drop by teaspoonfuls. Bake at 300° to 325° for 10 minutes. *Good & so, so easy!*

Robbie Robinson

LEMON COOKIE: First mix 3/4 cup butter, 1/2 cup powdered sugar & 1 1/2 cups flour. Pat in cookie sheet or square pan. Bake at 350° for 15 minutes. Have ready to pour over 1st part 4 eggs, beaten in electric mixer with 2 cups sugar & 8 Tbs fresh lemon juice. Bake another 15 minutes. When cool, sprinkle with powdered sugar & cut into squares. *I especially like this lemon cookie because it is so easy & never fails!*

Cheri Sloger

SPECIAL K PEANUT BUTTER COOKIES

1 cup white sugar	1/4 tsp salt
1/2 cup brown sugar	1 (12-oz) jar peanut
1 cup white Karo	butter
1 tsp vanilla	5 heaping cups Special K

These no-bake cookies are delicious & so quick & easy I try to keep the right ingredients on my shelf! The recipe makes approximately 5 1/2 dozen.

Mary K. Compton

Bring the sugars & Karo to a boil, but don't boil hard. Remove from heat & add vanilla, salt & peanut butter; mix well. Pour mixture over the 5 heaping cups of Special K cereal. Mix loosely & drop by spoonfuls on waxed paper. It is sticky but hardens up.

PRAYER BARS

These 3-layer no-bake bars are surprisingly refreshing--different & delicious!

1st layer:

1/4 cup butter	1 tsp vanilla
4 Tbs cocoa powder	1/4 cup chopped nuts
1 cup powdered sugar	2 cups crushed graham crackers
1 slightly beaten egg	1 cup coconut

Lonnie Wilmet

Melt butter & cocoa powder over heat; add sugar, eggs & vanilla; set aside. Mix together nuts, crumbs & coconut; add to first mixture & press firmly into 9x13" pan. Chill.

2nd layer: Melt 1/4 cup butter, 3 Tbs cream & 1 tsp vanilla. Add 1 pkg dry vanilla pudding mix (not instant); cook 1 minute. Add 2 cups powdered sugar; blend well & spread over 1st layer. Chill. 3rd layer: Melt 1 large (8-oz) Hershey bar in double boiler; spread over top of previous layers when completely set up. (Make sure 2nd layer is very firm first.) Keep bars in refrigerator or freezer & bring to room temp. before cutting.

RHUBARB BARS

This dates from childhood & has been a favorite of mine for as long as I can remember!

1 cup flour	1 1/2 cups sugar
5 Tbs powdered sugar	5 Tbs flour
1/2 cup butter	3/4 tsp salt
2 eggs, well-beaten	2 cups rhubarb, cut finely

Jane Wiles

For crust, sift flour, add sugar & butter, mix like pie crust. Press into ungreased pan. Bake for 15 minutes at 350°. For topping, mix remaining ingredients together thoroughly. Spoon over baked crust & bake for 25 to 35 minutes at 350°. Serve warm or cold.



In a child's lunch basket
a mother's Thoughts
--Japanese proverb

ET CETERA



BASIC SOFFRITO

5 carrots	1 cup parsley
4 stalks celery	1/2 lb bacon
2 medium onions	2 heaping tsp dried sweet basil, cured*

Soffrito is an absolutely great flavoring base to add to many dishes! A very special recipe from Olimpia Bradshaw--& the secret ingredient in many Italian & French dishes!

Olimpia

Soak carrots in cold water for 10 minutes or more; clean, trim & scrape. Clean celery, onions & parsley; grind with carrots & bacon in food grinder. Add basil & mix all ingredients thoroughly. Store in plastic container in refrigerator to use as needed or freeze in ice cube trays or individual plastic cups (with about 3 Tbs soffrito in each --generally the amount you add to recipes). For spaghetti sauce, start by sauteeing soffrito with your hamburger. Also add to soups, meats, stuffings, & even salads!

**To cure basil, add just enough virgin olive oil to your glass jar of basil to moisten all of the herb. Thereafter, add a few more drops of oil each time jar is opened!*

SPAETZLE: Break 4 eggs into a medium-sized mixing bowl. Add 2 half eggshells of water & blend. Add enough flour to make a stringy dough & stir thoroughly. Then, using a spaetzle maker (or a small cutting board & paring knife, or a colander), drop dough into 2 qts of salted, boiling water--being careful not to drop too much in at one time (which would not allow dough to cook properly). Let "batch" cook about 3 to 5 minutes. Remove with slotted spoon & place in warm bowl; repeat procedure until dough is gone. *This recipe was passed down from my great-great grandmother who lived in Germany. It makes a delightful substitute for potatoes or noodles & may be eaten plain with salt & pepper, with browned butter, or with any gravy!*

Sue Carter

HEARTY LUNCH SANDWICH (per person)

1 slice round sourdough French bread
2 slices bacon
1/2 avocado

1 slice (about 1/4") Tillamook or sharp cheddar cheese

3 thin slices white or blue onion plus 2 slices tomato

Cook bacon & toast bread lightly on one side in 350° oven. Mash avocado with seasoned salt & pepper & a little lemon juice. Turn bread; top with cheese slice; return to oven until slightly melted. Cover cheese with avocado, onion & tomato & return to oven until onion is slightly cooked & sandwich is slightly browned. Serve topped with well-drained crisp bacon slices.

An aluminum broiler pan is good to use for both the bacon & bread in this delightful sandwich!

Mrs. Isel Eoff

STUFFED PEPPER GARNISH: Cut tops from large firm green peppers & remove seeds. Stuff with 1 pt small curd cottage cheese mixed with 1 cup pitted, chopped, soft California Redi-Dates. Chill several hours. Serve in thin slices around salads or cut in wedges for "finger food." *The Thermal area produces dates for export all over the world. This is one of the more unusual recipes using these delicious dates!* Phyllis Eoff

YAMA-UDO NO KURUMI-AA (Cold Fresh Asparagus Dressed with Vinegar & Crushed Walnuts): Use only the tender tips of 1 lb fresh young asparagus & cook them in salted water just until tender; drain. Shell 10 walnuts & crush the meat in a mortar. Add 5 Tbs sugar & 3 Tbs each soy sauce & rice vinegar (or distilled cider vinegar). Mix well. Combine asparagus tips & walnut dressing; toss gently. Arrange in small individual dishes & sprinkle with pepper. *This Japanese recipe was unsigned, but we think it's delicious!*

APPLE CHUTNEY

2 doz ripe tomatoes	3 cups sugar
6 medium dry onions	1 cup brown sugar
3 red sweet peppers	1 Tbs <u>each</u> cinnamon,
12 tart apples	ground cloves & ginger
1 lb raisins	2 Tbs salt
1 qt vinegar	1 tsp pepper

A delicious Chutney to make ahead & enjoy throughout the year as a relish for meat & many other dishes!

Osvald Kent

Chop apples & tomatoes; grind onions & peppers; add remaining ingredients; bring to boil in heavy pan, stirring to keep from sticking. Reduce to simmer & cook until thickened & reduced (approx. 1 1/2 hours), stirring frequently. Fill hot, sterilized jars & seal.

HINT FROM CHRIS: For a very good FAR EAST CHUTNEY, grind together 1 whole lemon & 1 large garlic clove. Add 5 or 6 cups of diced apples & pears (1/2 of each), 1 lb box brown sugar, 1 1/2 cups light raisins, 1/4 to 1/2 cup crystallized ginger (cut up fine), 1 1/2 tsp salt, a dash of cayenne, & 2 cups cider vinegar. Bring to a boil & stir for 30 to 40 minutes. Seal in jars (baby food jars hold just the right amount for a meal!).

CHERRIES TO SERVE HOT WITH DUCK OR HAM: Mix & heat gently 1 generous wine glass of Port wine; the juice of 1 large orange; a bit of orange peel; 1/2 tsp sugar; a pinch of all-spice, mace, nutmeg & thyme; & 1 can Royal Anne cherries. Serve in a side dish to six. *Many years ago Fairmount Hill was a grove of fir trees where Mrs. Young sat patiently hand-plucking the many ducks her attorney husband brought home. This sauce, one of her favorites, is also good to actually bake the duck in, & to use for basting!*

Osvald Young

RITA FRY'S CORN RELISH: Cut 1 1/2 doz ears of corn from cob. Put 1 small cabbage through meat chopper. Separate 1 bunch celery & chop with 2 green & 2 red peppers & 4 dry onions. Place in a large kettle & add 1 qt of cider vinegar. Mix 2 cups sugar, 1 cup flour, 1/2 cup salt, 1/2 Tbs dry mustard & 1/4 Tbs each turmeric & paprika with additional 1 qt of vinegar & add to above ingredients. Bring to a boil & simmer for 40 minutes, stirring constantly so the relish will not burn on the bottom. Fill glass jars & seal. *This corn relish has been a great favorite of boys--both big & little--in Salem for years & I think my mother would have been pleased to share it!*

TD Snee

HAMBURGER RELISH: Combine 4 cups chopped ripe tomatoes, 2 cups each chopped onions & celery, 1 each chopped green & red pepper & 1/2 cup (scant) salt. Drain for 1 hour in a thin bag or cheesecloth. Bring to a boil 2 cups each vinegar & sugar, 1/2 tsp each cloves, nutmeg & ginger. Add drained vegetables & boil 10 min. Pour into sterilized jars & seal. Makes approximately 4 pints. *Over the years I have tried many relish & chili sauce recipes. This was given to me by a friend's neighbor, of all things. It was a hit! It's good with mayonnaise for a salad dressing, as a base for barbecue sauce, cold cuts, etc*

Carole Sprung

TOMATO PRESERVES: Peel 6 lbs ripe tomatoes, cut crosswise once, remove soft pulp & seeds. Measure tomatoes & combine with equal measure of sugar. Let stand overnight. Next morning bring to brisk boil; cook 20 minutes. Stir in 2 lemons, thinly sliced, & a few pieces of ginger root (if available). Set off stove; leave overnight, stirring occasionally. On second morning, bring to boil; cook until mixture jells when dropped from spoon. Seal in jars while hot. *The lemon alone gives good flavor!*

Blanche Sprague

MUSTARD SAUCE #1: Mix together 1 (4-oz) can dry mustard & 1 cup cider vinegar; let stand overnight. Beat in 2 eggs, 1 cup sugar & 1/4 tsp salt; cook in double boiler until thick; then cool. Beat in 1 1/2 cups mayonnaise. *This recipe came from my mother, Mildred Lebold, who has been making it for years. We use it on ham, cold meat, sandwiches, etc. It is best made with Coleman's mustard.*

Evelyn Lord

MUSTARD SAUCE #2: Mix together 2/3 cup prepared mustard, 1/4 cup flour, 2 cups brown sugar & 1 cup vinegar. Cook until thick. *This sauce is good hot or cold & freezes well. It tastes especially good on lamb, ham & pork!*

Bonnie Kirby

MUSTARD SAUCE #3: Combine 2 Tbs dry mustard, 3 tsp sugar, 2 Tbs vinegar, 1 Tbs water & 1 egg (slightly beaten). Cook in double boiler until thick. Remove & add 1 Tbs butter to make it creamy. *This is my favorite for roast beef or turkey sandwiches!*

Raisa Prezig

QUICK HOT MUSTARD: Mix well into a paste 6 Tbs dry mustard, 1 Tbs flour, 1 Tbs sugar, 1 tsp salt & 2 beaten eggs. Add 1 cup hot vinegar slowly & cook over low heat until thickened, stirring constantly. Store in refrigerator. *This is an old family favorite. Wonderful on pork, salami, or with cubes of cheese for a dip. Also guaranteed to clear your sinuses!*

Ann Lau

HINT: For a YUMMY SUPER FAST HAM SAUCE, mix honey & prepared mustard to taste. *Men love it!*

Ann Lyman

EASY SWEET PICKLES: Scrub 150 tiny cucumbers (2 qts up to 3" long) very thoroughly, being sure not to leave even a flake of blossom. Sprinkle with 1/3 cup salt; add water (which is nearly boiling) to cover; let stand overnight; drain. Dry cucumbers & place in a crock, very large glass jar or bowl. Mix to a smooth paste 2 Tbs each sugar, salt & dry mustard & 1/4 cup vinegar; then combine with 4 additional cups vinegar; add to cukes. Add 1/4 cup mixed whole pickling spices & 1 Tbs broken dry ginger root. Cover & weight pickles to keep submerged in brine. Then add 3 cups sugar (or honey) 1 cupful at a time, once a day until all is used, stirring carefully so as not to bruise cucumbers. The day following last addition of sugar, carefully remove pickles from brine with slotted spoon & place in clean jars (half-pints & pints). Heat the brine with as much of the spice as desired to simmering; pour over pickles. Cap with clean caps & rings & process 5 minutes in boiling water bath. *These pickles are delicious & always stay lovely & crisp! It is a very old recipe used with great success by a great aunt of mine*

Judy Beckley

SWEET PICKLES: Pour boiling water to cover over 1 gallon cucumbers for 4 days, using the same water each day (just drain it off, reheat it, & pour back over cucumbers). Slice cukes in 1/2" chunks. Make a syrup of 1 qt vinegar, 8 cups sugar, 1/2 pkg pickling spices, 3 Tbs salt & alum the size of a pea. Bring syrup to boil & pour over cukes for 4 more days, draining off, reheating to boiling point, & pouring back over pickles each day. These pickles do not have to be put in sealed jars; I use mayonnaise jars. *This is one of Mrs. Kirk's famous pickle recipes! She made 2 1/2 gallons for the Hofstetter family in the fall & they were gone by October!*

Hazel M Kirk

BRANDY SAUCE: Cream together 1 cup of sugar & 1/2 cup butter. When light, add the well-beaten yolks of 4 eggs. Stir in 1 wine glass of brandy, a pinch of salt & 1 large cup of hot cream or rich milk. Beat mixture well; place in a saucepan over heat & stir until it cooks sufficiently to thicken like cream. Be sure it does not boil. *This sauce is a family tradition at Christmas-time & the recipe comes from Ann's Grandmother's old White House cookbook. Even though Grandmother did not partake of spirits, she always kept her bottle of brandy for use once a year. Every Christmas day, the entire family waits expectantly to dip their fingers into the superb sauce. It's delicious on fruit cake, plum pudding, etc., but best out of the pan!*

*Mrs. Carl A. Berlinger
Ann Lyman*

CARMEL SAUCE: Cook slowly in double boiler 2 cups brown sugar, 1 cup cream, 1 cube butter & 1/2 lb (scant) fresh, salted, slivered almonds. Serve over angel or pound cake that has been frosted with whipped cream. *Be sure to pass extra sauce. It is seldom refused!*

Mrs William Corbin

CHOCOLATE SYRUP: Combine 1 cup cocoa, 1 cup corn syrup, 1/4 tsp salt, 2 1/4 cups sugar & 1 1/2 cups water. Bring to a boil, cover for a minute to dissolve sugar crystals. Turn heat to medium & cook 2 minutes. Add 2 tsp butter (optional), & 4 tsp vanilla. Stir & pour into 1/2 pt containers. Cool; refrigerate or freeze unused portion. *I keep this on hand 365 days of the year for two growing boys & one grown!*

Di. Shepard

BASIC CREPES: Blend at high speed in blender 3 eggs, 1 cup milk, 6 Tbs flour, 3/8 tsp salt & 1/4 to 1/2 cup clarified butter. Rest batter before browning in crepe pan. *This is the crepe batter I like to use for creamed chicken, crab or vegetable mixtures!*

DESSERT CREPES: Blend in blender 1 cup flour, a dash of salt, 3 eggs, 7 tsp melted butter, 2 Tbs brandy or rum, 1 tsp grated lemon rind & 1 1/2 cups milk. Rest for at least 2 hours before browning in crepe pan. *This is my favorite dessert crepe! The SAUCE I especially like is made by mixing 1 (8-oz) pkg Philadelphia cream cheese with 1 can Eagle Brand milk, 1/3 cup fresh lemon juice & 1 tsp vanilla. I put this in the center of the crepe; then top it with fresh strawberries, raspberries, apricots, pears or peaches & another tablespoonful of sauce!*

Chris Sloper

HARD SAUCE: Beat 1/4 lb butter to a cream; add 1 cup sugar gradually & 4 Tbs boiling water. Beat 5 minutes. Add the beaten white of 1 egg. Flavor with Buckeye Extract of Vanilla (although we imagine any vanilla would do!). *Jo Perry found this recipe in a very old "Cherry City Cookbook" published by the Ladies' Auxiliary of the Unity Church in Salem, Oregon. It was submitted by Mrs. C.S. Hamilton, the mother of Chris!*

CRANBERRY STRAWBERRY JAM: Grind 2 cups (1 lb) fresh cranberries. Combine with 2 pkgs (10-oz) frozen diced strawberries, thawed (about 2 1/4 cups). Measure 4 cups of mixture into large saucepan. Add 5 1/2 cups sugar & mix well. Place over high heat & bring to full boil. Boil hard 1 minute, stirring constantly. Remove from heat & at once stir in 1/2 bottle liquid fruit pectin. Skim off foam with metal spoon. Then stir & skin by turns for 5 minutes to cool slightly & to prevent floating fruit. Ladle quickly into jars; cover jam at once with 1/8" paraffin. *This is a marvelous jam, especially around the holiday season!*

Esther Foster

FILBERT ROCA

1 cup butter (not margarine)
1 1/3 cups sugar
1 Tbs light Karo plus 3 Tbs water
2 cups finely-chopped toasted filberts
12-oz dipping chocolate (such as Peters Ultra)

Filbert Roca is a prize-winning recipe from the baking contests held in conjunction with the Northwest Horticultural meetings. It's one of our favorite candies!

Mar. Keith Olson

Melt butter; add sugar, syrup & water & cook to 295°. Remove from heat; add 1/2 cup of chopped filberts & pour onto greased cookie sheet. Spread to desired thickness & while still warm, score with dull knife into desired individual shapes. When thoroughly chilled, break into individual pieces. Melt chocolate over warm (not hot) water; dip pieces of Roca in individually; then into remaining 1 1/2 cups ground filberts. Place on waxed paper & chill. Store in cool, dry place.

NOTE: In using filberts in recipes, the flavor & texture are generally considered best if the nut is slightly toasted first. This can be done by spreading the shelled filberts in a shallow pan & toasting in 275° oven for 20 minutes or until tender skins crack. The skins can then be partially removed by rubbing gently between hands or rough cloth. They are delicious eaten in this dry roasted form or melted butter & salt may be added.

GRAPEFRUIT CANDY: Cut rind from 2 medium grapefruit in 4 sections. Cut into strips with scissors. Cover with plenty of water & 1 tsp salt; boil 20 minutes; drain. Cover again with plenty of water (no salt); boil 20 minutes; drain. Again cover with water (no salt); boil 20 minutes; drain. Then add 2 cups sugar & 1/2 cup water. Cook slowly until syrup is absorbed. Roll in granulated sugar. *This is a recipe that has been in my family for 50 years & I have made many pounds of it. It makes an especially nice Christmas gift!*

MAGIC CHOCOLATE CARMELS: Cook 2 sq unsweetened chocolate, 1 1/3 cup (1 can) sweetened condensed milk & 1/2 cup corn syrup slowly over low heat until hard ball forms when tested in cold water. Pour in buttered square pan. Add nuts if desired. *These are fabulous & very, very easy to make!*

Eugene J. Robinson

FUDGE: Boil 2 cups sugar, 1 cup canned milk or cream, 2 Tbs white syrup & 2 Tbs cocoa to soft ball stage (230 to 240°). Then add 1 Tbs butter, 1/4 tsp salt, 1/2 tsp baking powder & 1 tsp vanilla. Cool & beat. Add 1/2 cup chopped nuts just before pouring into well-greased pan. *This recipe originated in South Dakota. The secret is in the baking powder & the fudge is delicious!*

Mrs. Andrew Gilchrist

MOTHER'S HOLIDAY FUDGE

30 marshmallows	1 1/2 cups chopped
3 pkgs chocolate chips	walnuts
1/2 lb margarine	1 can evaporated milk
2 tsp vanilla	4 1/2 cups sugar

In the early '50s, this recipe was circulated in Southern California as being the original See's Candy Co. fudge recipe.

This I can't verify, but it makes a good story & the fudge is practically foolproof!

Phyllis Stewart

Combine marshmallows, chocolate chips, margarine, vanilla & walnuts in large bowl. Mix sugar & milk in heavy saucepan; bring to a boil & boil 11 minutes, stirring constantly. Pour over ingredients in bowl; stir until dissolved. Place in greased pans & let stand 24 hours. Cut as needed.

FABULOUS FRENCH TOAST

4 slices bread (raisin or any rich egg bread)
3 eggs
1 Tbs flour & 1 Tbs milk
Dash of nutmeg, cinnamon or liqueur
Dash of powdered sugar & cinnamon

Pour a little milk on a dinner plate. Soak bread slices quickly, squeezing excess moisture out. Separate eggs into 2 bowls; add flour & milk (measured from milk used for soaking) to egg yolks & beat with fork. Flavor with nutmeg, cinnamon or even liqueur, if desired. Beat egg whites stiff & fold into yolk mixture. Spoon generously on one side of bread slices (with or without crusts). Place, egg side down, on greased & heated grill or electric frypan. Spoon remaining mixture on other side of bread; lightly brown both sides. Butter, if desired. A dash of powdered sugar & cinnamon (mixed) is good sprinkled on top. Serve with any maple or fruit-flavored syrup or sauce. Or to really go top drawer, pour a spoonful of jam over your syrup & top with a dab of sour cream.

HINT FROM CHRIS: For WINE SYRUP, add 3 cups sugar to 1 cup wine & 1 1/4 cup berry or fruit juice (blackberry is good). Heat until you smell fumes; then remove from stove & add 1/2 bottle Certo. For WINE JELLY, add 3 cups sugar to 2 cups wine; heat until you smell fumes only; then add 1/2 bottle Certo. These are good ways to use up leftover wine.

PANCAKE SYRUP: Mix 1 cup boiling water with 2 cups sugar & stir until dissolved. Add 2 cups light corn syrup, 1 tsp vanilla & 1 tsp maple flavoring. Makes 1 qt & can be frozen. This is our favorite breakfast syrup! 247

Here is another of Chris' very own concoctions & one to add a new dimension to your breakfast! It is very simple & yet very elegant. This makes enough for 4 generous servings.

Chris Sheperd

Di. Shepard

BUTTERMILK HOTCAKES

3 eggs	2 tsp baking powder
2 cups buttermilk	1/4 tsp salt
1 tsp soda	1 Tbs sugar
1 cup flour	3 Tbs melted butter

These hotcakes are held in high esteem by Dr. Wm. Rosenfeld of Portland & we can see why. They melt in your mouth!

Nancy Rosenfeld

Separate eggs; beat yolks. Add soda to buttermilk & mix with yolks. Sift dry ingredients together; stir into buttermilk-egg mixture. Stir in melted butter. Beat egg whites stiff & fold in last. Cook on hot griddle. Serves 4 to 6.

PANCAKES

1 cup cornmeal	1 Tbs baking powder
1 cup flour	1 1/2 tsp soda
1 cup wholewheat flour	1 Tbs salt

Dr. Shields in Portland perfected this recipe. Just delicious & easy to prepare!

Chui Sloper

Stir these ingredients together to make a mix to be stored for use whenever you need it. At breakfast time make a batter of 1 cup mix, 1 egg, 3/4 cup milk & 2 Tbs butter.

CAMP-OUT DONUTS: Have kettle of hot fat, oil, or bacon grease ready on side of camp stove. Beat 1 egg, 1/2 cup sugar, 1 Tbs melted butter & 1 tsp vanilla. Add 1/2 cup flour, 1/2 tsp salt, 1 1/2 tsp baking powder & 1 tsp nutmeg. Beat well & drop by teaspoonfuls into hot oil. Fry until brown. Drain on paper towels & roll in powdered sugar. *These really taste delicious on camping trips & they're also fun to make!*

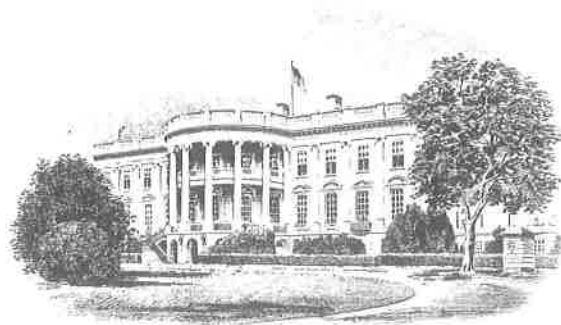
E. Elton Lepper



He that is
of a merry heart
hath a continual feast.

Proverbs 15:15





BARBECUED CHICKEN

Two small chickens cut into halves.

To $\frac{1}{2}$ cup melted butter, add the following:

Juice of two lemons

1 tsp. garlic salt

1 tbsp. paprika

1 tbsp. oregano

salt and pepper to taste

Marinate chicken for three to four hours in sauce.

Barbecue—basting often with remainder of sauce—

Or bake—oven at 325—bake 45 minutes—basting often.

Serves four.

Patricia Nelson

CHINOOK SALMON CHOWDER

1/4 lb butter
1 large onion, chopped
1 1/2 cups diced celery
1/2 cup flour
1/2 gallon milk
8 cans chinook salmon (7 3/4-oz)
4 cups cooked potatoes, diced
2 large plastic bags of mixed vegetables
1 tsp dill weed
1 Tbs salt

From Mrs. Mark Hatfield, our Oregon Senator's wife, who is a marvelous cook in her own right as well as the author of three cookbooks. This recipe utilizes famous Oregon salmon, & makes a meal in itself when served with a salad!

Mrs. Mark O. Hatfield

Saute the onion & celery in the butter until onion is tender. Stir in the flour off the heat. Slowly add the milk, stirring.

Remove the skin & any bones from the salmon; add along with potatoes, mixed vegetables, dill & salt. At this point, the chowder may be frozen.

When ready to serve, cook until vegetables are done. Serve steaming hot with crackers. Makes 40 cups.

Copyright, 1970, Antoinette Kuzmanich Hatfield, "More ReMARKable Recipes."

STUFFED MUSHROOMS FLORENTINE (serves 12)

2 10-oz pkgs frozen spinach
(or 3 lbs fresh, washed)
36 lg mushrooms
1 1/4 cups butter
1 to 3 cloves garlic, crushed
3 onions, finely chopped
1/2 cup fine bread crumbs
1 1/2 tsp salt & 1/4 tsp pepper
1/8 tsp dry mustard
1/2 tsp nutmeg
5 Tbs grated Parmesan cheese

Cook spinach in small quantity of unsalted water; drain thoroughly & puree in blender or food mill (should be 1 1/2 cups). Reserve. Wash mushrooms; remove stems; chop & reserve them. Melt butter in skillet & cook garlic 1 minute. Remove pan from fire, dip mushroom caps into melted butter until well-coated on all sides; place them upside down on a cookie sheet.

Reheat butter remaining in skillet; saute onion & mushroom stems until very soft, (about 10 minutes). Add to this the spinach, bread crumbs & seasonings; mix well. Fill the mushroom caps with mixture, mounding high, & sprinkle with grated cheese. Cool & freeze. When solidly frozen, pack in freezer container. Bake on greased shallow pan, uncovered, at 375° for 20 to 25 minutes. To serve immediately, bake at 375° for 15 minutes.

Our lovely Oregon Governor's wife, Mrs. Tom McCall, started out as a home economist! She likes to fix these special mushrooms for company dinners because they may be prepared well ahead of time & placed in the freezer until needed.



Audrey McCall

MEXICAN SPOON BREAD

A favorite of the Governor of Arizona!

- 1 can (1 lb) cream style corn
- 1 cup corn meal
- 1/3 cup melted shortening
- 2 eggs, slightly beaten
- 1 tsp salt & 1/2 tsp baking powder
- 1 can (4-oz) green chilis, drained & chopped
- 1 1/2 cups shredded cheddar cheese

Combine first six ingredients; mix well. Pour half the batter into greased 9x9x2" pan. Sprinkle with chilis & half the cheese. Top with remaining batter, then remaining cheese. Bake at 400° for 45 min. Cool 10 minutes before cutting into serving pieces.



Vera Williams

RANCHO CALIFORNIA RICE

From California's First Lady!

- 1 cup chopped onions & 4 Tbs butter
- 4 cups cooked rice
- 1 to 2 cups sour cream & 1 cup cottage cheese
- 2 cans (8-oz) California whole chilis
- 2 cups grated cheddar cheese (reserve 1/3 cup)

Saute onions in butter until limp; add rice, sour cream & cottage cheese; season with crumbled bay leaf, salt & pepper to taste; mix. In greased casserole, layer rice, canned chilis (unseeded & cut in strips), & grated cheese, alternately with rice. Bake 25 min. in 375° oven. Remove, sprinkle with reserved cheese; return & bake 10 min. longer.



Clare Regan

SWEET & SOUR POT ROAST

4 lbs pork loin, beef brisket,
short ribs or chuck roast
4 cups chopped fresh onions
or 1 lb frozen chopped onions
2 tsp garlic salt
1/4 tsp black pepper
1 cup hot bouillon
3 Tbs tomato paste
2 Tbs brown sugar
1 cup raisins soaked in 1 cup sherry
2 Tbs red wine vinegar

*A delicious pot roast or casserole from
the Indiana Governor's wife. It may be
served with noodles or new potatoes!*

STATE OF INDIANA
OFFICE OF THE GOVERNOR
INDIANAPOLIS

Mrs. Edgar Whitcomb

In a heated casserole or Dutch oven, brown the meat over medium heat. If the meat is lean, add 1 to 2 Tbs fat. Turn meat often. Add the onions & turn heat down. Cook until onions are brown, stirring often to make sure the onions don't burn. Add salt, pepper, & hot bouillon. Cover & let simmer for 2 hours. Next add the tomato paste, sugar, vinegar, & raisins soaked in sherry. Blend well & cook covered for 30 minutes or until meat is fork-tender. Makes enough for 8 as the main course or for 10 in a full menu.

STRAWBERRY MOLD DELIGHT

- 2 6-oz pkgs strawberry gelatin
- 2 cups boiling water
- 2 pkgs (1 lb) frozen sliced strawberries & juice
- 1 can (8 & 1/2-oz) crushed pineapple & juice
- 3 mashed bananas (medium size)
- 1 pt dairy sour cream

Dissolve gelatin in hot water; add strawberries (frozen), pineapple & bananas. Refrigerate until partially set. Pour half of mixture into 8 cup mold or 13x9 pan & spread with sour cream. Pour remaining gelatin over this. Chill until firm. Serves 12-14.

*Children, especially, love this favorite
of Connecticut's First Family!*

Mrs. Thomas Meskill



SLUSHY PUNCH (for 50)

- 3 sm pkg lime gelatin & 9 cups water
- 4 cups sugar & 4 cups water
- 1 16-oz bottle lemon juice
- 2 46-oz cans pineapple juice
- 4 to 6 bananas, mashed
- 1 18-oz can crushed pineapple
- 2 qts gingerale

Dissolve gelatin in boiling water. Mix sugar in warm water & bring to boil; add to gelatin mixture & cool. Add fruit juices; mix well; add fruits. Freeze solid in four 1/2-gallon milk cartons. Thaw before serving; pour in punch bowl & add gingerale.

*Here is a recipe that's a great favorite
of the Ray family of Iowa. It's simple
to make, yet always successful!*

Mr. Robert S. Ray



MING DYNASTY CASSEROLE

1 can Chinese chestnuts (sliced)
1 can chow mein noodles (small)
1 can Cream of Mushroom soup, diluted
with 1 can milk or cream
1 cup diced celery plus dash of pepper
1 1/2 cups cooked chicken or 1 lg can tuna
1 cup (1/4 lb) cashew nuts, cut up
1/4 cup minced onion

Set aside 1/2 cup noodles. Combine remaining ingredients; top with reserved noodles; bake at 350° for 45 minutes.

CRABMEAT & SHRIMP CASSEROLE

1 medium onion & green pepper, chopped
1 cup chopped celery
1 can (6 1/2-oz) flaked crabmeat
1 can (5 3/4-oz) cleaned shrimp
1/2 tsp salt & 1/8 tsp pepper
1 tsp Worcestershire sauce
1 cup mayonnaise plus 1 cup buttered crumbs

Combine all ingredients except crumbs. Place in individual shells or a casserole. Sprinkle with crumbs & bake at 350° for 30 minutes. Serves 6 to 8.

*This recipe is one of my husband's favorites
& a new twist for tuna!*



MRS. WILLIAM G. MILLIKEN
GOVERNOR'S RESIDENCE
LANSING, MICHIGAN 48910

*Mrs. Cahill of New Jersey enclosed this re-
cipe with a note wishing our Boys' Club pro-
ject great success!*



H. Mervin
Princeton, N.J.

CREME A LA CREME

2 envelopes (2 Tbs) unflavored gelatin
3/4 cup sugar
2 cups heavy cream, soft whipped
1 Tbs vanilla extract
2 cups commercial sour cream
Grenadine syrup
Raspberries for garnish
Or any variation listed below*

Here is a favorite frequently used at the Executive Mansion in New York--with any one of many variations!

Mrs. Nelson Rockefeller

EXECUTIVE MANSION

ALBANY

In a saucepan, mix the gelatin & sugar. Stir in heavy cream & let stand 5 minutes. Place saucepan over low heat & stir until dissolved. Remove & cool to lukewarm. Add vanilla & sour cream, blending until smooth. Pour in 1 1/2 qt mold & refrigerate until set. Unmold,* spoon grenadine over top & garnish with berries if desired.

VARIATIONS: The sauce & garnish can be changed to halved seeded grapes & mandarin oranges; frozen strawberries laced with a little brandy or kirsch; frozen peaches with a little curacao; orange sections with a drizzle of honey; a sprinkling of coconut & chocolate sauce; toasted pecans & warm maple syrup; sliced almonds & chocolate sauce; slivered, crystallized ginger or preserved ginger in syrup; apricot jam thinned with a little rum; or canned, crushed pineapple with a dash of creme de menthe!

*To unmold loosen edge with knife, dip in warm (not hot) water for 10 seconds only.

TURKEY TETRAZZINI WITH MUSHROOMS

5 cups cooked turkey,
cut in bite-size pieces
1 lb thin spaghetti
1 1/2 lbs mushrooms, sliced
1/2 cup butter
1 clove garlic, crushed
7 Tbs flour
1 cup medium to heavy cream
3/4 cup grated parmesan cheese
3 cups turkey or chicken broth



The First Lady of Vermont sends us this recipe which she finds easy to double or triple for luncheons or dinners. Mrs. Davis usually serves it with one hot vegetable (peas or broccoli), a tossed salad & hot garlic bread!

GOVERNOR'S RESIDENCE
MONTPELIER, VERMONT 05602

Marjorie S. Davis

Cook spaghetti until barely tender; drain. Saute mushrooms in 4 Tbs butter with garlic. Blend in flour & add broth & cream. Cook, stirring constantly, until thick & boiling. At this point, I usually add a generous 1/4 cup sherry.

Put a layer of spaghetti in a 4-qt casserole & add a layer of turkey; then a layer of mushrooms. Sprinkle generously with cheese & cover with some of the sauce. Repeat the layers, ending with sauce & a topping of the cheese. Heat in 400 to 450° oven until bubbling & brown on top. Makes 10 to 12 servings.

CRAB CASSEROLE

1 cup white sauce

1 lb crab meat

Salt, sherry or tabasco

1 cup bread crumbs on 1 cup shredded sharp cheese

Make white sauce by blending 1/4 cup melted butter with 1 Tbs flour in saucepan.

Gradually blend in approximately 1 cup milk, stirring until thick & smooth. Combine with crabmeat & season to taste. Put in casserole & sprinkle with cheese. Top with bread crumbs. Bake at 350° to 400° until cheese melts & crumbs are brown.

The First Family of Virginia finds this casserole thoroughly enjoyable & a real favorite!

Virginia R. Holton

APPLE WALNUT SQUARES

4 cups coarsely chopped, peeled apples

2 cups sugar

2 eggs, slightly beaten

1/2 cup vegetable oil

2 cups flour

2 tsp each baking soda & cinnamon

1/2 tsp salt

1 cup black walnut pieces

Combine apples & sugar; let stand until sugar is absorbed, about 45 min. Beat eggs & vegetable oil together by hand. Sift flour, baking soda, cinnamon & salt together. Stir in alternately with apple-sugar mixture. Stir in walnut pieces. Bake in greased, floured 13x9x2 inch pan at 350° for one hour. Orange or lemon butter is optional.

West Virginia's Governor likes these apple squares & so do we!



MRS. ARCH A. MOORE, JR.

Shelley R. Moore

SHISH-KABOBS

1/2 cup salad oil
1/4 cup vinegar
2 Tbs lemon juice
1 Tbs Worcestershire sauce
2 Tbs catsup
1 clove garlic
Pinch of powdered marjoram
Pinch of salt & rosemary

This recipe for Shish-Kabobs features one of Wyoming's greatest products--beef--but it may also be used with lamb & wild game. Just marinate the meat for a longer period of time. The Wheat Pilaf is a perfect accompaniment!

*From the
WYOMING GOVERNOR'S MANSION
Cheyenne, Wyoming*

*Bobby
Hathaway*

Combine ingredients. Cut meat (beef round or sirloin) into 1 to 1 1/2 inch cubes. Let stand in marinade at least two hours. String the pieces of meat on a skewer alternating the meat with canned potatoes, mushrooms, whole onions, tomato wedges or whatever is at hand. We broil the shish-kabobs turning frequently & basting them with the marinade which is left over. These can be broiled in the oven, or on a table broiler, but it is more fun to do them over a charcoal fire outside.

WHEAT PILAF: Melt 2 Tbs butter in skillet, add 1 cup Bulgur Wheat & 1 tsp minced onion. Stir & cook until golden. Add 2 cups of consomme, 1/4 tsp oregano, 1/2 tsp salt & a dash of pepper. Cover, bring to a boil, reduce heat & simmer 15 min. Add 1 large can of drained sliced mushrooms soon enough to heat thoroughly. Serve with meat.

BOUILLABAISSE

2 onions
1 bunch leeks
1 stalk celery
1 clove garlic
1 green pepper
Chopped parsley
1/4 to 1/2 cup olive oil
1 (#2 1/2) can tomatoes
Salt, pepper, sweet paprika
Cayenne, thyme, saffron
1 whole crab, cut
1/2 small lobster, cut
2 lbs hardshell clams
6 prawns
1 lb each red snapper & halibut
1/4 lb shrimp meat
1 doz scallops
2 cups stock
1 cup sauterne

Saute vegetables in oil. Add tomatoes, seasonings to taste & seafood. Cover with liquids & boil 20 to 30 min. Add wine before serving. Serve in pot or casserole with toasted French bread.

Here's the famous soup that makes a whole meal from L'Abbe's French Restaurant in Portland. Give each guest a generous-sized napkin & suggest it be tied around the neck so fingers can be used!

*Jewell Abbe
Chalet L'Abbe*

CHICKEN BISQUE SOUP

3 lb stewing hen
Enough water to cover (16 cups)
3 Tbs salt
4 celery stalks, 4 carrots, 2 onions

Boil until chicken is tender & can be pulled off bone. Strain off 8 cups of chicken stock. Make butter roux by melting 1/2 lb butter, then adding 1 cup flour. Bring chicken stock to a very low boil; then slowly add butter roux. Simmer 15 minutes or less, until soup takes on glaze. Add 1/2 cup chopped pimientos; 1/2 cup chopped chicken; 1/2 cup blanched, chopped green peppers; & 1/2 tsp pepper. Stir constantly. Add a few drops of yellow food coloring. Serves 8 to 10.

CHEESE SPREAD

1 lb Oleomargarine
1/2 lb sharp cheddar cheese
1/4 lb grated romano cheese
1 tsp Worcestershire
1/4 tsp garlic powder
1/2 tsp paprika

BEST REGARDS
Lee Hamblin

With ingredients at room temperature, whip slowly on mixer until fluffy. Butter on sour-dough French bread & toast under broiler.

MAC BENGAL SALAD & DRESSING

1 cup finely diced celery
2-oz sliced water chestnuts
1/2 cup cubed pineapple
4-oz Dungeness crab
4-oz peeled tiny shrimp
1-oz pine nuts
1/2-oz shredded coconut

*Two more specialties from The Pantry that
Chef Bill Compton is generously sharing
with us!*

Chef Bill Compton

Toss celery, water chestnuts, pineapple, shrimpmeat together lightly. Arrange in lettuce cup. Sprinkle crab meat over the top. Top with Bengal Dressing. Finish with sprinkle of pine nuts and coconut.

BENGAL DRESSING

1 cup whipping cream
1 cup mayonnaise & 1/2 cup sour cream, blended
1/8 tsp curry powder
Juice of 1 lemon
Dash of garlic powder & Worcestershire sauce
Pinch of salt

THE PANTRY

Whip cream until fluffy, fold in mayonnaise & sour cream. Gently fold remaining seasonings into mixture. Note: Dressing becomes stronger as it sets.

MONTGOMERY STREET TOSSED SALAD*

1 qt tender raw spinach leaves
4 hard-cooked eggs
4 strips crisp bacon
1/4 cup chopped green onion
2 Tbs fresh lemon juice
1/4 tsp grated lemon peel
3 Tbs olive oil
3 drops Tabasco
1 tsp sugar
3/4 tsp seasoned salt

Wash spinach, dry thoroughly & chill. Tear leaves into bite-size pieces & lace in a chilled salad bowl. Quarter the eggs; break bacon into coarse bits; arrange on top of spinach. Sprinkle on the green onion. Combine all remaining ingredients; beat well. Pour dressing over salad & toss lightly. Serve at once on chilled salad plates. Makes four servings.

**From the book, ELENA'S FAVORITE FOODS, CALIFORNIA STYLE by Elena Zelayeta. c 1967 by Elena Zelayeta. Reprinted with permission of the publisher, Prentice-Hall, in., Englewood Cliffs, N.J.*

Elena Zelayeta, a lovely blind lady in California who is a leading authority in the field of cooking, as well as the author of two cookbooks & an inspiring teacher & lecturer, has graciously consented to share her favorite salad recipe. She says the men in her life love it & it's one sure way to get them to eat their spinach!



BARBECUED CRAB

4 Tbs salad oil	1 bay leaf
1 large dry onion	4 tetina peppers
3 cloves garlic	1 sprig parsley
4 stalks celery	4 Tbs soy sauce
2 cans consomme	2 fresh crabs,
2 cups tomato juice	cracked & disjointed
3 Tbs Worcestershire	

Fitts Market has furnished fresh seafood to Salem people for years & Mrs. Fitts is a real expert on ways to prepare & serve it. Here's her favorite for crab!

Mrs Ira J Fitts

Cut vegetables fine & cook in oil until tender but not brown. Add consomme, tomato juice, Worcestershire, bay leaf, tetinas, & parsley. Cover & simmer 30 minutes or more. Strain & add soy sauce. Add the cracked & disjointed crab & heat in the sauce for at least 30 minutes. Put the crab pieces on plates & the sauce in bowls to be used for dunking garlic bread.

MO'S CLAM CHOWDER: Saute 1 lb bacon (diced) & 1/4 lb smoked ham (diced) until bacon is brown. Drain off fat. Add 6 cups chopped onion & saute until limp. Stir in 1/4 cup flour; add 6 cups minced clams (drained) & 12 cups diced potatoes. Cook about 15 minutes, until potatoes are very soft. Add 6 cups milk & season to taste with salt & freshly ground black pepper. Serve hot with a dollop of butter & sprinkling of paprika on top each serving. Can be reheated. *Mo's Clam Chowder enjoys national fame, & it all began 27 years ago when Mo Niemi opened Mo's Restaurant on the Newport bayfront. Mo's Annex is across the street from her original restaurant & the cast of "Sometimes a Great Notion" ate most of their meals there!*

Marie Heck

CRISP FRIED SHRIMP IN BEER BATTER

16 raw shrimp (medium or large)
Juice of 2 lemons
Peanut oil for frying
About 1 cup flour
Parsley, watercress & lemon wedges for garnish

After golf or for Sunday brunches, these shrimp are a favorite menu item at Oregon's beautiful new Black Butte Ranch!



With shrimp at room temperature, carefully peel off shell, leaving tail intact. Make an incision from base of tail down center. Wash each shrimp under running water & remove dark vein. Dry & sprinkle with lemon juice. Dredge shrimp in flour, coating entirely. Grasp by the tail & dip into the beer batter, coating well. Heat oil to 375° & drop shrimp in, one by one. Cook until golden brown & crisp. Drain on paper towels.

Beer Batter: Pour 1 can (12-oz) light domestic beer into mixing bowl. Sift together into bowl: 1 cup sifted all-purpose flour & 1 Tbs each salt & paprika. Stir with wire whisk until light & frothy. The batter may be used at once or after standing for several hours. When using, whisk it from time to time to keep it thoroughly mixed. (You can keep batter a week or more in refrigerator, but since it is apt to retain the flavor of whatever has been dipped into it, use only for fish if you have previously fried shrimp.)

PUNGENT FRUIT SAUCE: *This is often served with the shrimp! Combine 3/4 cup orange marmalade, 4 Tbs lemon juice & 2 Tbs orange juice in blender; puree until smooth. Pour into a bowl & add 2 tsp grated horseradish (or prepared) & 1/2 tsp each powdered ginger & salt. Last, add 1/2 tsp dry English mustard. Mix ingredients well.*

CANLIS' SHRIMP

2 lbs large prawns in shell
1-oz each butter & olive oil
2-oz dry vermouth & juice of 1/2 lemon

Blend olive oil & butter in large skillet over medium heat. Add shrimps, then salt & pepper to taste. When you think you have too much salt, add more; this is one dish you cannot over-salt! Cook shrimps until golden red--well done. Then turn heat to high, add dry vermouth & lemon juice; cook about 1 minute, constantly stirring or shaking.

BANANA-YAM PUFF

3 cups cold, cooked, mashed yams
3 mashed bananas
1 Tbs fresh lemon juice
3 Tbs butter or margarine
1/3 cup light brown sugar
1/2 tsp ground mace
1/4 tsp salt & 1/8 tsp pepper
1/3 cup light cream or evaporated milk
3 large eggs, beaten

The yams must be cold to prevent discoloring the bananas. Combine all ingredients; mix well. Turn into a buttered 1-qt casserole. Place in a pan of hot water & bake at 350° one hour or until mixture is puffed & brown. Serve with poultry, ham or pork.

Cooking with dry vermouth is a Canlis' specialty originated during World War II when wines were scarce. Delicious!

Canlis' Portland, Oregon

This delicious vegetable dish is served with ham dishes at Donna Gill's Rock Springs Guest Ranch in Bend. Odette Haskell is the cook behind it all!

*Rock Springs Guest Ranch
Bend, Oregon*

Donna E. Gill

FILLET OF SOLE ASTORIA

12 fillets of Rex sole
1/2 lb salmon, boneless & skinless
1 tsp chopped eschalots (or onions)
1/4 to 1/2 cup frozen peas
6 oz (1 to 1 1/4 cups) Oregon shrimp

Oregonians are blessed with an abundant supply of both Sole & Red Snapper, so we are grateful for these two delicious seafood entrees!

*Otter Trawl Commission
Astoria, Oregon*

Make a forcemeat with the salmon by chopping fine & grinding or crushing in a blender. Mix in a soup-spoon of fresh cream & salt & pepper to taste. Spread over the fillets. Add frozen peas. Roll fillets & place, seam side down, in a buttered pyrex dish. Sprinkle with onions. Add 1/2 pt dry white wine such as Riesling, Chablis or Sauterne, & 1/2 pt water. Cover with buttered paper & poach slowly in oven. Remove fish rolls from baking dish; keep hot. Reduce cooking liquid by half; add a little roux made of butter & flour & thicken. Pour the sauce through a fine sieve; correct seasonings with salt & lemon juice. This dish can be glazed under the broiler if a 4-oz ladle of whipped cream is incorporated. Serve it with tiny red potatoes! Serves 6. *Henry Hodler*

RED SNAPPER EUGENIA: Mix together 1 qt milk, 1 cup vinegar, salt & pepper to taste, 4 tsp Worcestershire, 1/2 cup vegetable oil & a very small pinch of saffron. Cover 3 lbs of Red Snapper fillets completely with marinade for from 4 to 24 hours, turning now & then. To cook, reserve marinade; drain fish well; dust with fine cracker meal; saute in shallow oil until light brown. Remove to baking dish; dust with cracker meal again; bake at 400° for 15 to 20 min. Serve with a sauce made by heating 1 cup cream & 1 cup marinade, then thickening with a little butter & flour roux. (Serves 6 to 8)

POACHED SOLE MARGUERY

4 fillets of English sole
1 tsp shallots
1 oz butter
2 oz fresh mushrooms & juice
2 oz white Chablis

Dash of salt & white pepper
1/2 cup rich cream sauce (thick)
1/4 cup cocktail shrimp or mussels

Place butter & shallots in a saute pan & saute lightly. Fold sole fillets in half, then place in saute pan. Salt & pepper lightly; add the white wine, fresh mushrooms & juice. Poach until done on moderate heat. Place sole on heated serving dish. Then blend cream sauce with stock in saute pan. When heated through, add shrimp or mussels; baste the sole with sauce & serve.

JOHN'S STURGEON DIP

1/4 lb can Bumble Bee smoked sturgeon
1 8-oz pkg cream cheese
2 Tbs sour cream
1 Tbs catsup
1/4 tsp horseradish
1 healthy squirt Worcestershire & lemon juice

Mix all ingredients together, adding sturgeon last. Voila! You're ready to snack.

Dining in the tenth floor LaPlaya Restaurant of Oregon's coastal resort, The Inn at Spanish Head--with the ever-changing moods of the Pacific in full view--is an experience you'll long remember of exquisite seafood & solitude!

David L. Morgan

Chef, The Inn at Spanish Head

John works for Bumble Bee Seafoods in Astoria, & here's his very own favorite dip --a tasty treat for chips & crackers!

John Lauving Jr.

STUFFED FILLET OF SOLE

3 small fillets of fresh sole
1/4 lb fresh Dungeness crabmeat
2 Tbs cream cheese
2 tsp dry sherry
2 tsp chopped ripe olives

Combine crab, cream cheese, sherry & chopped olives; mix thoroughly. Divide crab mixture in thirds & place on fillets of sole (carefully dried on paper towels). Roll the fillets & place in individual casseroles. Bake in 350° oven for 25 minutes. Serve with a covering of sharp Hollandaise sauce. Garnish with small shrimp & parsley.

COCONUT CHICKEN*

Frozen chicken thighs
Orange juice
Beaten egg
Bread crumbs
Salt, pepper & curry powder
Packaged grated coconut

Thaw chicken thighs. Dip in mixture of orange juice & beaten egg; roll in mixture of bread crumbs, curry powder to taste, & salt & pepper. When well-coated; roll in coconut. Place on baking pan & dribble melted butter generously over all. Bake 45 minutes to 1 hour until beautifully browned. Remove to covered casserole & keep warm.

**From HAWAII COOKS by Maili Yardley (Published by Charles T. Tuttle Company)*

*The owners & operators Oregon's famous
Surftides Beach Resort are sharing this
popular "Over the Waves" restaurant recipe
with us!*

Virginia Zwarg

*This is a great "do-ahead" company casse-
role dish which can be kept warming in the
oven while guests assemble. Sent to us by
Maili Yardley with her best wishes!*

Aloha Maili Yardley

BERNAISE SAUCE FOR CHATEAUBRIAND

1/4 cup sugar
1 tsp salt & 1 Tbs cracked pepper
1 tsp dry mustard
Pinch of Accent
Pinch of Lowery's salt
2 Tbs chopped tarragon leaves
1 cup wine vinegar
1 cup Burgundy wine
1 tsp Worcestershire
Dash Tabasco sauce
1 to 2 lbs butter
6 egg yolks

The House of Lords--at the Sahara in Las Vegas--is a superb dining place. John Larsen, the Maitre d' for many years, is sharing this rich Bernaise Sauce as well as his famous lobster stuffing recipe!

John M Larsen

Put all but last two ingredients in saucepan & reduce down by boiling to a thick paste. Melt 2 lbs butter. Put egg yolks in double boiler & thicken; remove from fire. Slowly beat into your paste. Now slowly whip in melted butter. If mixture becomes too thick, thin down with ice water. Keep in double boiler until serving time.

LOBSTER STUFFING: Saute 1/2 cup thinly sliced shallots & 1 cup sliced fresh mushrooms in butter for a few min. Add 1 cup each: chopped clam meat, diced lobster tails, crab legs, baby shrimp, & chopped oysters. Then add 1 cup sherry wine, 1 Tbs paprika, 1 tsp salt & 1/4 tsp white pepper. Slowly blend in 2 cups whipping cream. Thicken mixture with white bread crumbs before stuffing lobster shells.

TENDERLOIN OF BEEF STROGANOFF

1 lb tenderloin of beef
1 medium onion
1/4 cup Christian Brothers Dry Sherry
1/8 cup catsup
1/2 cup brown gravy
1/2 tsp Accent
1 tsp salt
Dash ground pepper
Dash " marjoram
Dash " thyme
Dash " bay leaf
1/2 cup sour cream

To prepare meat, slice tenderloin about 1/2 inch thick. Cut onion into 1-inch square pieces. Braise sliced beef in small amount of butter until lightly browned. Add onion & saute until a clear color but not browned. Add sherry & cook until sherry is reduced by two-thirds. Reduce heat to low & add remaining ingredients. Simmer 10 minutes. If it needs thickening, use a little corn starch & sherry, combined.

At Oregon's newest Ocean Resort Hotel, the Inn at Otter Crest, an electric tramway whisks you down the hill from your room to the Restaurant and Lounge at the edge of the ocean. The Flying Dutchman features "fresh from the sea" entrees coupled with spectacular view of the Pacific as you dine!

DAVID L. Morgan
chef

STEAK des CHAMPS a NNA

A choice boneless New York cut steak
4 small bay oysters
1-oz slice aged Swiss cheese
Salt, marjoram, cracked black pepper
1 clove garlic

Prepare your steak by making a lengthwise pocket. Stuff this pocket with the oysters & cheese; secure with a skewer. Season with a mixture of salt, marjoram & cracked black pepper to taste. In a pan or on griddle, saute garlic (1 toad) in butter till tender; add steak & grill to your degree of doneness, turning only once. Remove to a hot platter; top with French Fried Mushrooms or Madeira Wine Sauce. Serve with Potatoes Anna, garni, & your favorite vegetable.

VEAL CORDON BLEU

12 veal cutlets, 1/2" thick
6 thin slices Swiss cheese
12 thin slices Canadian bacon
(or 6 thin slices cured ham)

Flatten cutlets on block with cleaver to about 1/4" thick. On 6 pieces, lay slices of Swiss cheese; cover each with 2 slices Canadian bacon or 1 slice ham. Lay other 6 pieces of veal on top; either beat or pound edges together. Beat 4 eggs, 3/4 tsp salt, 1/4 tsp pepper & 1/2 tsp paprika. Dip veal in flour; then eggs; then breadcrumbs. Fry in pan with 3 parts butter & 1 part oil, until brown. Serve with rich cheese sauce.

Restaurant des Champs Woodburn is noted for its fine cuisine & hospitality. Owner-host Paul DeShaw especially likes steak fixed this way by Chef Anna!

Paul DeShaw Chef *Anna*

At Oregon's resort at Mt. Hood, hungry diners especially favor Veal Cordon Bleu!



Chef Joe

Chef Joe

BASIC GAME MARINADE

Salt & freshly ground
black pepper
4 onions, sliced
3 carrots, sliced
4 cloves
8 peppercorns, crushed
3 bay leaves
3 garlic cloves, pressed
6 sprigs parsley
4 Juniper berries
6 cups red wine
2 cups olive oil
2 cups vinegar

*Hands down winner for the title of the
most famous Chicago restaurant, the Pump
Room features continental specialties.
The Roast Pheasant decorated in Plumage
makes a very pretty sight!*

A handwritten signature in dark ink, appearing to read "G. E. Miley". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

*The Pump Room/Ambassador East
Chicago*

Combine ingredients; mix well; marinate game 24 hours, turning occasionally.

PHEASANT A LA PUMP ROOM: Marinate pheasant in basic marinade 24 hours. Pat dry with cloth; reserve marinade for basting & sauces. Wrap thin strips of bacon around pheasant "mummy" fashion. Put encased bird in buttered & covered roasting pan for one hour or until tender. Uncover for additional 25 minutes, basting every 5 minutes. Serve pheasant on a platter with head, wing & tail feathers which have been reserved, if desired. Serve with a sour cream sauce.

GAME HEN JEANNEITE (serves 4)

2 slices bacon, diced
1/4 cup butter
2 Rock Cornish Game hens, split
1/2 cup diced onion & 1 minced garlic clove
2 cups Honeywood Currant Rozae
1/4 cup brandy
1 10-oz pkg frozen artichokes
8 small white onions
8 to 12 medium fresh mushrooms, stemmed & diced

Saute bacon until lightly browned; add butter & brown hens. Add onions & garlic & cook 2 to 3 min. Add 1/2 cup wine & heat. Sprinkle 1/2 brandy over hens; light remaining 1/2 brandy & blaze. Cover & cook 20 min.; add broken apart frozen artichokes, onions & mushrooms. Cook until vegetables are done, adding remaining wine as needed. Season with salt, freshly ground pepper & thyme. Reheat.

Mary Reinke is an expert on wine cookery. These two recipes are her own personal favorites--& though they aren't simple, they're well worth the extra effort!



Mary Reinke
Honeywood, Inc.

SHERRIED STUFFED PORK CHOPS: Soak 12 slices crust-trimmed day-old white bread in water & squeeze dry. Crumble & mix with 1/2 cup chopped brazil nuts; 2 Tbs each minced green onion & celery; 1 Tbs melted butter, salt & cayenne; 1/2 tsp each thyme & sage. Stuff pockets in chops with mixture & brown on both sides in 3 to 4 Tbs margarine. Remove to shallow roasting pan; pour fat from skillet & add 1/4 cup boiling water, 1/3 cup Gourmet Cooking Sherry & 1/3 cup Honeywood Currant Wine. Cook 1 min., stirring up brown bits from bottom of skillet. Pour into roasting pan with chops & roast uncovered in 325° oven for 1 1/4 hours or until done. Makes 6 servings.

EASY PORK CHOPS

4 pork chops	Onion salt
3 slices of bread	Celery salt
torn in chunks	Salt & pepper
Melted butter	1 can Celery soup
Marjoram	1/2 can water

Helen is an ardent Boys' Club Booster in Palm Springs. She sent us this recipe with her very best wishes for our success!

Helen Stettin

Mix together bread, butter & seasonings. Put 4 pork chops in greased baking dish. Place a wad of stuffing atop each chop. Pour Celery soup & water over top. Bake 1 hour at 350°.

COLONIAL HOUSE VELVET HAMMER

1 1/2 oz Cointreau
1 1/2 oz Creme de Cacao (light)
1 scoop Vanilla ice cream

A light finish to any meal & a favorite of guests at Salem's great Colonial House!

Rube Worster

Blend in osterizer & serve in small glasses.

DRAMBUIE DESSERT: Another favorite & excellent quick dessert is just a scoop of Vanilla ice cream with Drambuie or another favorite liqueur poured over the top!

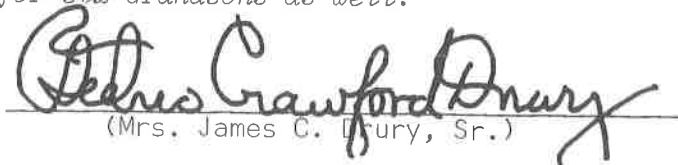
HINT: For the hard-working cookbook tasters & proof-readers, nothing was too good! They tried the Velvet Hammer with Grand Marnier, too, & it was absolutely marvelous!

AMBROSIAS

- 1 cup soft butter
- 1 cup granulated sugar
- 1 cup dark brown sugar, packed down
- 2 whole eggs
- 1 Tbs grated orange rind
- 1 Tbs grated lemon rind
- 2 cups flour, all purpose, unsifted
- 1 tsp baking powder
- 1/2 tsp soda
- 1/2 tsp salt
- 1 1/2 cups quick oats, uncooked
- 1 cup walnut meats, chopped
- 1 cup each light & dark seedless raisins
- 1 cup seeded dates, cut up
- 1 cup flaked coconut
- 1 tsp pure vanilla extract

Acclaimed by four generations of this family as "Aunt Tina's Cookies"---a gracious lady who with my uncle Gene Hanna lived on Wallace Road, a part of their land now Salemtowne. She baked them by great dozens in the oven of a blistering hot big wood range. She sometimes used plumped Oregon Prunes if she didn't happen to have dates or even raisins.

In my own family, when the children were younger, we made it a happy do-it-together project. With nuts to crack & chop, peel to grate, measures to fill. We found it fun! Jimmy, who became TV's "THE VIRGINIAN," still asks for them & I now bake for ~~six~~ Grandsons as well.


(Mrs. James C. Drury, Sr.)

Blend butter & sugar until fluffy. Beat in eggs. Mix in remaining ingredients & drop by rounded tablespoonfuls on flat pan or sheet. Bake at 375° for 10 to 12 minutes, or until light brown.

NUT TREE CHESS PIE

1 cup granulated sugar
1/3 cup brown sugar, firmly packed
4 tsp flour
1/2 tsp salt
1 cup chopped walnuts
(or other nuts or mixed)
1/2 cup seedless raisins
(plumped in boiling water & drained)
3 eggs
2/3 cup milk
4 tsp melted butter
Unbaked 9-inch pie shell

A pie that is a Western Confection & a specialty at California's famous Nut Tree Restaurant!



 Nut Tree, California 95688

Combine dry ingredients, nuts, & raisins in mixing bowl. In a smaller bowl, beat eggs with fork; add milk & melted butter. Stir into dry ingredients, mixing well. Pour into unbaked pie shell. Bake in a very slow oven (275°) for 2 hours. (*Yes, that's right!*) During this long, slow baking the nuts rise & turn golden brown on top of the rich, firmly jelled filling. Serve cold. Makes 7 or 8 servings. Keeps well in cool place. (In fact, the pie cuts best when you let it stand 24 hours.)

CHESTNUT DESSERT (Serves 6 to 8)

4 egg yolks
1/4 cup sugar & 1/2 cup cream
2 Tbs. rum
1 cup heavy cream, whipped
1 cup ground chestnuts (or your favorite nut)
1 cup vanilla wafer crumbs

Beat egg yolks, add sugar & cream & cook over hot water 5 minutes, stirring constantly until thickened. Chill. Add rum & fold into whipped cream. Pour a 1/2 inch layer of cream mixture in bottom of freezing tray; sprinkle with a layer of ground chestnuts & a layer of crumbs. Repeat until all ingredients are used. Freeze until firm.

OLD ENGLISH DATE PIE

2 eggs	1/4 tsp cloves
3/4 cup sugar	1 cup sour cream
1/2 tsp salt	3 Tbs fine cracker crumbs
1 tsp cinnamon	1 cup dates, cut fine
1/4 tsp allspice	1/2 cup grated coconut

Beat eggs. Add sugar, salt, spices cream & crumbs; mix well. Place dates in pie shell. Pour mixture over top. Sprinkle with coconut & bake in hot oven for 10 minutes. Reduce heat & bake 15 minutes longer (until filling will not adhere to inserted knife blade).

Elsa is a Eugene lady who has authored many cookbooks featuring recipes collected from homes in different parts of the world, from Danish cooking schools, & from her own original creations. She wishes us all "Happy Cooking!"

Elsa G. Souders

This is a favorite from Maryland's Old Eastern Shore & the Governor's Mansion!

Marguerite D. Lucker

PLUM PUDDING

1 lb soft bread crumbs
3/4 lb each sugar & butter
8 eggs, beaten separately
3/4 lb each raisins & currants
1/4 lb citron, chopped fine
2 apples, grated, plus 1 grated lemon peel
1/2 cup brandy or bourbon
1/2 tsp each ground cloves, nutmeg & cinnamon

TUMALO EMPORIUM

This is a 100-year-old family recipe that I prepare & serve every Christmas Eve at the Emporium as a present to our guests. When I smell it steaming, I know it really is Christmas!

Mary K. Atterne Swanger

Trim crusts from whole loaf or loaves of stale bread & grate enough to make 1 lb of crumbs. Cream butter & sugar together; add beaten egg yolks; stir in all other ingredients except beaten egg whites. Blend well. Fold in stiffly beaten egg whites. Put in molds or cans lined with waxed paper; steam until the puddings look brown. This is any time between 4 & 8 hours, depending on amount used. (Any large kettle with water in the bottom & a tight lid can be used as a steamer.) After puddings are cooked, they keep indefinitely under refrigeration & a week or two if gift wrapped. They can be reheated by steaming. Serve with plum pudding sauce & hard sauce.

PLUM PUDDING SAUCE: Heat to boiling 1/4 lb butter with 3 cups water, 1 lb brown sugar & 3/4 tsp each salt & nutmeg. Thicken with thin paste made of 1/2 cup cornstarch added to 1 cup water. Add only necessary amount & stir until smooth. Add 1/3 cup Puerto Rican rum & 1/3 cup cognac or brandy. May be flamed with heated 120-proof booze.

NOTE: This really great Plum Pudding practically built the Episcopal church in Corvallis!

DAFFODIL FLUFF

1 angel food cake
1 family-size lemon gelatin
1 cup miniature marshmallows
1/2 pt heavy cream, whipped

Daffodil Fluff is a light, lemony dessert that is perfect for springtime & as pretty as a flower.

C. Leroy Davis
Chef LeRoy
Meier & Frank

Remove brown crust from cake; cut or tear into small pieces about 1/2 inch square. Prepare gelatin according to package directions. Stir in marshmallows. Refrigerate until partially set. Fold in whipped cream & then cake pieces. Pour into angel food cake pan & refrigerate overnight. Unmold from pan & frost with whipped cream. Garnish with mint leaves & a sprinkling of dry green or yellow gelatin.

ZABAGLIONI

5 egg yolks
2 Tbs powdered sugar
Pinch of salt
1/3 cup Cyprus Commandaria
(or any sweet wine)

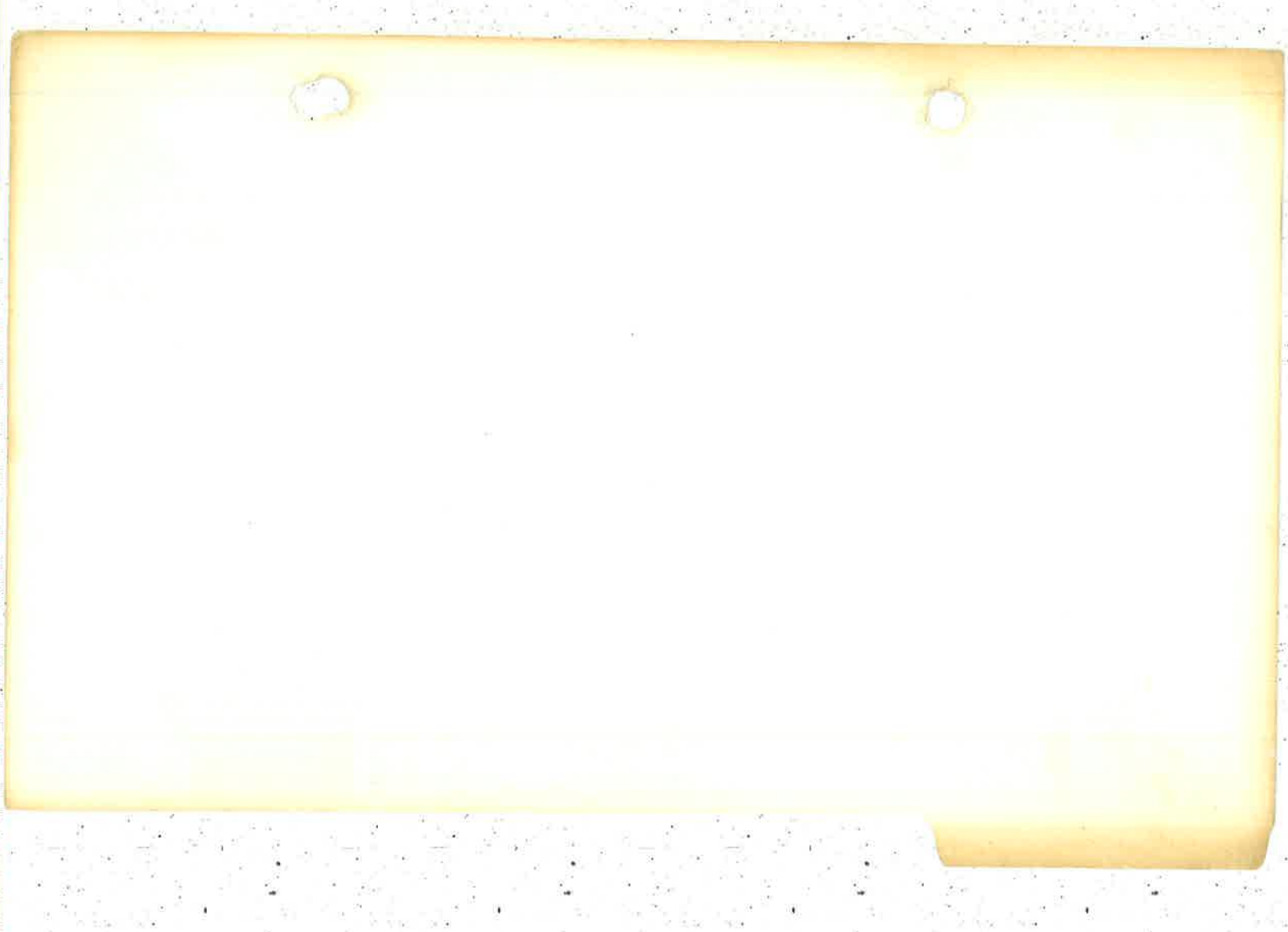
A delightful Zabaglioni made with a delicate sweet, light dessert wine from Mr. Spanopoulos, a wine importer!



Combine all ingredients in top of double boiler & beat until thoroughly blended. Place over hot water (not boiling) & beat steadily until thickened. Remove from heat & continue to beat 2 or 3 minutes. Pour into fancy sherbet glasses & serve immediately to four, along with dessert glasses full of the same wine.

What kind of revolution would it
be if all the people of the world
could sit down in a big circle
and eat together





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